

Apple

Health Benefits

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Apple Antioxidants

- Quercetin is a powerful antioxidant found in the skin of the apple that may protect brain cells
- Antioxidants in apples block free radicals from oxidizing and have been linked to protect against breast and lung cancer, and heart disease



The Original Superfood

- One medium apple contains less than 100 calories
- 14% of Vitamin C Daily Value
- 17% of Dietary Fiber Value
- Apples are fat, sodium, and cholesterol free
- Apples rank low on the glycemic index making them a great snack for those with diabetes



An Apple a Day

- Apples contain boron, phloridzin, and Vitamin B to protect bones and boost skin health
- Apples are a natural source of energy
- Soluble fiber in apples supports digestion and may aid in weight loss by keeping you feeling fuller longer



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