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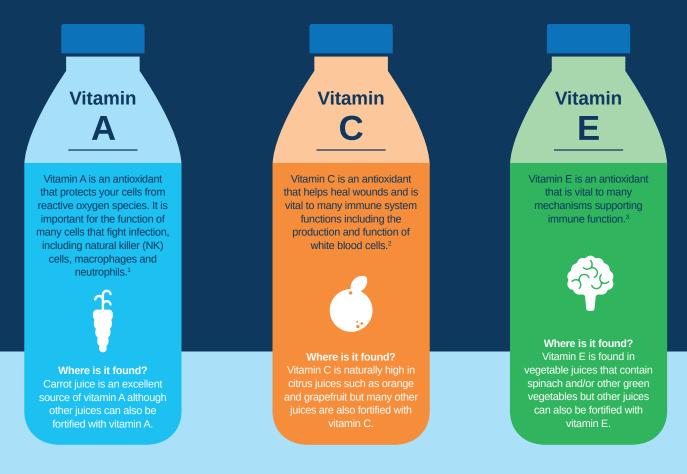
Health & Nutrition Sciences

100% Juice and Immune Health

100% juice contains nutrients that are important in keeping the body's immune system functioning at its best. Of course, different fruits and vegetables contain different nutrients so it's best to consume a variety of whole fruit, vegetables and 100% juices to ensure you're getting enough of each nutrient.



How do the Nutrients from 100% Juice Support My Immune System?



References:

- 1. Huang, Z., et al., Role of Vitamin A in the Immune System. J Clin Med, 2018. 7(9).
- 2. Carr, A.C. and S. Maggini, Vitamin C and Immune Function. Nutrients, 2017. 9(11).
- 3. Lee, G.Y. and S.N. Han, The Role of Vitamin E in Immunity. Nutrients, 2018. 10(11).