



**ENJOY THE DELICIOUS TASTE**  
of fresh juice any time of day! Whether you're looking for a boost of energy in the morning or a fruity refresher in the evening, the benefits of fruits and vegetables are extensive. Juiceman's own nutritional guru Sarah Mattison Berndt, Registered Dietitian and Certified Personal Trainer, provides the facts you need to understand what each juice recipe can do for you. Sarah's mission is to make healthy living easy through nutrition and fitness and these recipes are designed to help!

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