

# CRUSHED BY SUNSWEET<sup>®</sup> CALIFORNIAN PRUNES

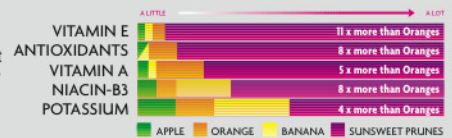


## Bite for Bite Better than Fresh Fruit

When it comes to vitamins, minerals and antioxidants, Sunsweet<sup>®</sup> Prunes really are bite for bite better than fresh fruit. Oranges really are taking the pith. Sunsweet Prunes contain more than 11 times the Vitamin E of any Orange. (And that's not all, take a look at that graph!)

Vitamin E is an antioxidant that protects your blood cell membranes from oxidative damage. In English this means you feel better and your skin looks great. In fact some scientists believe antioxidants may actually stop the ageing process.

That's marvelous for your skin but makes fresh fruit look a little rotten in comparison. Californian Sunsweet Prunes contain more vitamins and minerals than 'fresh' fruit. It's time to leave the wrinkles to the prunes. After all if you eat smarter, you'll look & feel better.



BITE FOR BITE