



Sunsweet[®] Prune Juice

keeps you smiling on the inside!

As a new mum or mum-to-be, your body will have gone through a lot of physical changes. One area of the body often affected is the digestive system – progesterone relaxes your digestive system and slows down intestinal movement which in turn causes infrequent bowel movements leaving you feeling bloated and sluggish. This can be exacerbated in cases where the woman is prescribed iron supplements.

Sunsweet Prune Juice, recommended by some doctors as a healthy and natural option to avoid constipation, is the perfect alternative to medicinal laxatives. Taken regularly throughout pregnancy as a digestive aid, it can help to keep your digestive system working smoothly, and because it is made from 100% juice with no added preservatives, *Sunsweet* Prune Juice is 100% natural so you can rest assured you're taking care of yourself and your baby. Not only can it be effective, it is also packed with 18 essential vitamins and minerals including Vitamin A, iron, potassium and calcium.

What's more, *Sunsweet* Prune Juice is not just a once-off quick fix solution. Taken daily, one serving (120ml) of *Sunsweet* Prune Juice can account for one portion of your five a day recommended fresh fruit and vegetable intake.

HOW MUCH DO I DRINK?

Everyone's body is different, but we suggest you start with the recommended daily serving of 120ml and see how that works for you. You can then increase or decrease as required.

Sunsweet Prune Juice is suitable for all children over the age of six months, dilute as necessary. Our recommended kid's serving is 75ml and for babies, just mix 30-60ml with 30-60ml of cooled, boiled water. Not suitable for babies under six months.



TASTY TREATS

Here's an alternative, delicious way to get your prune juice. Try a prune, blackberry and apple smoothie!

You will need:

- 10 ready-to-eat *Sunsweet* prunes
 - 150ml (5fl oz) apple juice
 - 150ml (5fl oz) *Sunsweet* Prune Juice
 - 110g (4oz) blackberries
- Simply wash and dry the blackberries, then place all the ingredients into a juicer or food processor and blend until smooth.



Information

To request a *Sunsweet* Prune Juice leaflet, please write to *Sunsweet* Consumer Leaflet c/o Humdinger Foods Ltd, PO Box 891, Hull HU7 0WT, UK. You can also find out more about *Sunsweet* at www.sunsweet.com www.sunsweet.co.uk

