



## TECHNICAL Sheet - Red Beet Juice

### Nutrition Values for 100ml Juice:

<b>Energy</b>	45 Kcal - 193 Kj
<b>Protein</b>	0,7 gr
<b>Total lipid (fat)</b>	0,1 gr
<b>Carbohydrate</b>	10,2 gr
<b>Brix</b>	10 ± 0,5
<b>pH</b>	4,5 ± 0,5

**Suggested daily intake:** 1 glass a day

Red Beet contains natural betacyanins, in particular it is rich in betanin, a pigmentation that gives the typical red colour. This make of Red Beet a natural coloring in food industry. Moreover betacyanins are phyto-nutrients whith antioxidant properties which reinforce immune system and protect from free radicals.

<b>Certifications</b>	ICEA - IFOAM ACCREDITED, Jas, NOP, Kosher
<b>Storage</b>	cool and dry place - ambient temperature after opening preserve at about 4°C after opening consume within one week
<b>Shelf life</b>	3 years
<b>Preservatives - Colourings</b>	not used - just pure natural juice
<b>Origin</b>	<b>PRODUCT OF ITALY</b>
<b>Crops origin</b>	our own italian crops from Fucino Plateau - Abruzzo