

The simple detox.

The no fuss way to treat your body better.

Ocean Spray® is the leading producer of cranberry products in the world. Our farmers grow 70% of the world's cranberries!

The Ocean Spray® range includes cranberry and grapefruit juice drinks, cranberry sauce and Craisins® sweetened dried cranberries.

Ocean Spray® products are available from all leading supermarkets.



For more information call Ocean Spray's toll free number:

1800 626 338 (Australia)
0800 445 368 (New Zealand)

www.oceanspray.com.au



Detox... it's a buzz word. Everyone's doing it... Why should you?

The word 'detox' encompasses everything from severe fitness regimes and food restriction, to incorporating a few more alcohol-free days into your diet.

Whatever it means to you, detoxification is about making an effort to treat your body better. This has become so important in a world full of chemical and environmental pollutants.

Cranberries are magical little berries, containing unique compounds that stick to certain bad bacteria and assist in flushing them out of the body. More simply, cranberries detoxify the system.

Ocean Spray® Cranberry Classic™ is a deliciously different juice drink, as famous for its refreshingly tart taste as its amazing abilities to cleanse and purify the body.

Enjoy a daily glass of Cranberry Classic™... the simple way to detox.

It is a well known fact that cranberries help cleanse the urinary system and assist in maintaining urinary tract health. They work in a similar way to detoxify the digestive system and other areas of the body.

How cranberries help to cleanse and purify your body:

- Cranberries contain proanthocyanidins (or PACs)
- PACs are all natural compounds with antioxidant and other medicinal benefits
- PACs have unique anti-adhesion properties – they attach to certain bad bacteria and prevent them from sticking to healthy cells
- PACs allow these bad bacteria to be harmlessly flushed from the body

DID YOU KNOW...

- A 2004 study found cranberries have more antioxidants than other common fruits*
- A 250mL serving of Cranberry Classic™ provides 100% of your recommended daily Vitamin C intake

* Wu X, Beecher GR, Holden JM, Haytowitz D, Gebhardt S, Prior R. Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States. Journal of Agricultural Food Chemistry 2004;52: 4026-4037.

What about the sugar?

Cranberries are very tart and need to be sweetened in order to be made drinkable. Cranberry Classic™ is sweetened with sucrose to give it a sweet yet tart taste.

Cranberry Light™ is a deliciously light alternative with all the health benefits associated with cranberry juice, but sweetened with sucralose to give a sweet taste without the calories.

At only 8 calories (33kJ) for a 100ml serve, Cranberry Light™ is perfect for people concerned about their sugar intake.

