



PRESS RELEASE

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Super-fruit Juices Are Latest Health Trend

CBS 42 Reporter: Katherine

(Austin, TX) – Super fruits like Goji berries and Mangosteen are only grown in rich, tropical regions and are said to be rich in antioxidants, vitamins and minerals.

Super-fruit juices are pretty new. Some bottles just hit H-E-B shelves two months ago. They're filled with exotic super fruits, like Acai from the Amazon and Goji from Tibet. Maureen Carson says she'll try anything to make her daughters eat or drink healthy foods.

"You put a plate of food in front of the kids and they kind of pick at each little thing," Carson says. "I'm not sure if they're getting the five servings a day that are recommended."

Super fruits pack in more nutrients and antioxidants than a banana or apple and can help support a healthy immune and digestive system. You can find super-fruit juices in the produce section of your local grocery store. One bottle, about 12 ounces, will run you four dollars.

Dr. Lindsey Duncan, president of Austin company Genesis Today says some super fruit juices are worth that amount and more. But others over-process and filter out the super fruits, so there's not enough product to really make a difference.

The juice is not meant to treat or prevent diseases. But Dr. Duncan says the benefits of super fruits are backed by hundreds of clinical studies.

For more information on super fruits and super fruit juices go to www.genesisboost.com or www.genesistoday.com. For information on clinical studies call 512 858-1977 or 1-800 916 6642.

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