

Client: Food and Drink Towers
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Grab a bottle of Mile High for an antioxidant boost

Products

Mile High Drinks is a delicious, 100% natural and healthy blended juice created by nutritionist Stuart Roberts to provide extremely high levels of antioxidants. The drink is made with a unique combination of natural ingredients specifically chosen for their health-boosting properties and great taste: cherries, red grapes, aloe vera and ginger.

Cherry

Cherries have been hailed as the ultimate superfruit recently in the media with scientific studies indicating that just one glass of cherry juice a day can slow down the ageing process. A 250ml glass of diluted juice offers "better protection against cancer, heart disease and stroke than more than 20 typical portions of fruit and vegetables".

Red Grape

Grapes contain beneficial compounds called flavonoids, which are phytonutrients that give the vibrant purple colour

to Mile High; the stronger the colour, the higher the concentration of flavonoids.

Aloe Vera

The reported health benefits of aloe vera taken internally include improved circulation, regulation of blood pressure, promotes healing of bones and joints, strengthens the immune system, defends the body against bacteria, heals internal tissue damage, heals ulcers, improves and even eliminates constipation, blood sugar regulation, and reduces itchiness in psoriasis helping it to heal."

Ginger

Ginger promotes gastrointestinal circulation and many studies have shown it to be effective in the treatment and prevention of motion sickness, nausea and



vomiting. Ginger can also lower cholesterol, prevent blood clotting, and may also have properties to protect against cancer.

www.milehighdrinks.com