



Blend with..



wellgrove®
OLIVE LEAF EXTRACT

Wellgrove Olive Leaf Extracts are packed with antioxidants and sustainably made with care, using only fresh, naturally sourced leaves.

BEET THE TOXINS JUICE

SERVES: 2 (makes 480ml)

INGREDIENTS

2 tablespoons (30ml)
Wellgrove **Heart Health** Olive Leaf
Extract Extra Strength* Liquid

4 medium oranges, peeled
and chopped (540g)

¼ large pineapple, peeled,
cored and chopped (2 cups/300g)

1 medium beet, scrubbed
and chopped (½ cup/70g)

1 medium lime,
peeled and chopped

1 medium fennel bulb,
scrubbed and chopped (160g)

METHOD

1. If using the Olive Leaf Extract liquid, set aside until after you've made the juice. If using the Olive Leaf Extract capsules, empty contents into a large bowl, and toss through the oranges, pineapple, beet, lime, and fennel.
2. Push all the ingredients through your juicer. Strain any pulp with a fine mesh sieve.
3. Transfer the juice to a glass jar, and if using the Olive Leaf Extract liquid, add the liquid, secure the lid, and shake well to incorporate evenly.
4. Enjoy immediately for the most balanced flavour.




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Always read the label. Follow the directions for use.

*Wellgrove Heart Health Extra Strength contains
47% more total antioxidants per dose than
Wellgrove Immune Support.
