



## TECHNICAL Sheet - Carrot Juice

### Nutrition Values for 100ml Juice:

<b>Energy</b>	34 Kcal - 143 Kj
<b>Protein</b>	1,08 gr
<b>Total lipid (fat)</b>	0,0 gr
<b>Carbohydrate</b>	7,35 gr
<b>Brix</b>	8 ± 0,5
<b>pH</b>	4,5 ± 0,5
<b>Provitamine A (Beta-Carotene)</b>	93,10 ppm (mg/Kg)
<b>% RDA (Raccomanded Daily Allowence)</b>	194%
<b>Suggested daily intake:</b>	1 glass a day

Carrot is an excellent source of carotenes , in a specific way it is rich in beta-carotene, a vitamin A precursor. It stimulates the immune system activity, improve the night vision, regulate calcium metabolism. Its antioxidant action prevents from free radicals, reduces cancer risk, heart disease and retards aging damages.

<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
<b>Raw Carrots</b>	PGI (Protected Geographical Indication)