

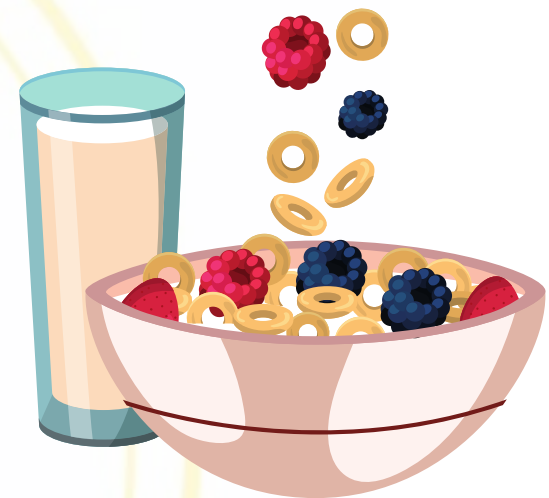
**4 Benefits Of
Drinking Sugar
Cane Juice
That Any
Carbonated
Drink Cannot
Give**



Easy Digestion For Heavy Breakfast:

1

Drinking sugarcane juice
1-2 hours before
breakfast helps your
heavy nutritious
breakfast digest easily
and keeps you lighter till
your lunchtime

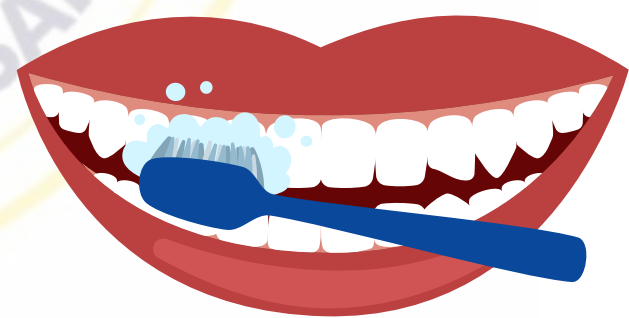


*super helpful to **teeth** ==>*

Strengthens Teeth:

2

Sugarcane juice is rich in potassium, calcium & magnesium which are necessary for making your teeth whiter, stronger and helps to have clear breath throughout the day



healthy pregnancy ==>

Beneficial To Pregnant

3

Moms: To have healthy

babies and avoid any kinda

disabilities within the child

plus, all the serious diseases

women face like liver damage.

low energy levels, etc. can be

easily cured. In the case of

men, there'll be no fertility

issues with high sperm

quality.

*tackle any **heat** ==>*

Energy Booster In **4**

Summer: Sugarcane juice

can easily protect you from

sunburn, sunstroke, and

excess heat the body

consumes through oily

foods, increased

surrounding temperature,

and garam masalas

consumed daily in curries



Best ways to consume ==>

- Consume **only fresh sugarcane** juice (yellowish green in color) and not the leftover one
- 1 hour before the breakfast to increase your morning hunger and 3-4 hours after the lunch (if morning time doesn't suit you)
- Mix **ginger & some lemon juice** if you're consuming in the evening time to promote the digestion of this juice

