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Exotic fruits add great taste and a big health bonus to summer smoothies.

Summer is all about showing the best skin you're in and guava gives you all that! One cup of this fragrant fruit delivers more than five times the skin-healing vitamin C as a medium orange. Due to the abundance of astringents in the fruit and leaves, **diets rich in guava have proven to smooth skin texture and prevent wrinkles and other skin problems better than the best beauty creams and toners.**



Diverse and dense in essential nutrients, guava doesn't stop at Vitamin C. **This certified superfruit is also rich in Vitamin A, omega-3 and -6 fatty acids and high in dietary fiber.** The whole fruit is edible, but it is rarely eaten whole because the peel is slightly sour and the seeds are small but hard. Both the skin and seeds are especially rich in phytochemicals, though, so the guava is a perfect match for the Vita-Mix machine.

You can pulverize fully ripened skins and seeds into a delicious, drinkable consistency in the Vita-Mix 5200, so you'll capture every bit of the nutrition!

This health-enhancing fruit, native to Central and South America and the Caribbean, is a great summer replacement for the citrus in your smoothies!

Another bonus is guava's bacteria-busting prowess. This multi-faceted fruit has proven to **protect against food borne pathogens** such as listeria and staph, so its perfect for picnics.

The many other benefits of this superfruit are truly one of the best-kept secrets around. Catch this: Guava has also been shown to **help control diabetes, protect the prostate, cure toothaches, heal wounds, relieve constipation and treat persistent coughs and congestion.** So sip that smoothie and enjoy a wealth of health benefits from this tropical, tropical fruit!



Vita-Mix smoothies become Frozen Fruit Treats in just an hour and the kids will love 'em! What a great way to keep kids eating healthy and loving it all summer long!

June, 2008

Over \$135 in GIFTS AND SAVINGS!



Summertime is no time to be without a Vita-Mix® machine!

Make cool smoothies, freezer pops and frozen drinks perfect every time in the Vita-Mix 5200! Get yours, or get a great gift for someone special, TODAY!

The Vita-Mix 5200 comes with a super-powerful 2 peak HP motor, variable speed versatility, and a durable 62 oz Wet Blade container made of new generation Eastman Tritan copolyester. Features improved sound damping, chemical resistance and contains no BPA.

Get all this with your "5200":

FREE "Whole Food Recipes" cookbook with over 300 recipes \$50 value

FREE "Getting Started" guide to the basic recipes \$16 value

FREE Cooking Class on DVD \$25 value

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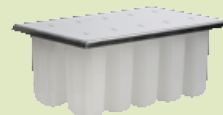
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Healthy homemade freezer pops are so easy and economical with your **FREE** Freezer Pop Maker! These kits sold out fast last year, so order your Vita-Mix 5200 today and your kit is **FREE** with your savings code above.

#15828 - \$19.95

(if purchased separately)
Kit includes plastic tray for 10 pops, aluminum lid, and 50 wooden sticks.

 **get freezer pop maker only**

-U.S. customers only-

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Our Papaya Smoothie is Picnic-Perfect



Papaya provides a delicious taste variation and it's packed with nutrients that offer protection from summer sun. Loaded with lutein, papaya protects the eyes and helps reduce the risk of macular degeneration. Papaya is also known to soothe and heal sunburn when applied topically due to the enzyme papain that also aids digestion.

 [click for our papaya recipe](#)

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Top 10 Superfruits for Summer Smoothies



While there is no real authority on the subject, the Vita-Mix nutrition team reviewed several lists and research studies to come up with this short list of fruits, each with long list of health benefits.

Acai Berry	Goji Berry
Apple	Guava
Blackberry	Papaya
Blueberry	Pomegranate
Citrus	Raspberry (Red & Black)

 [click for our guava recipe](#)



Your questions and comments are always welcome!

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