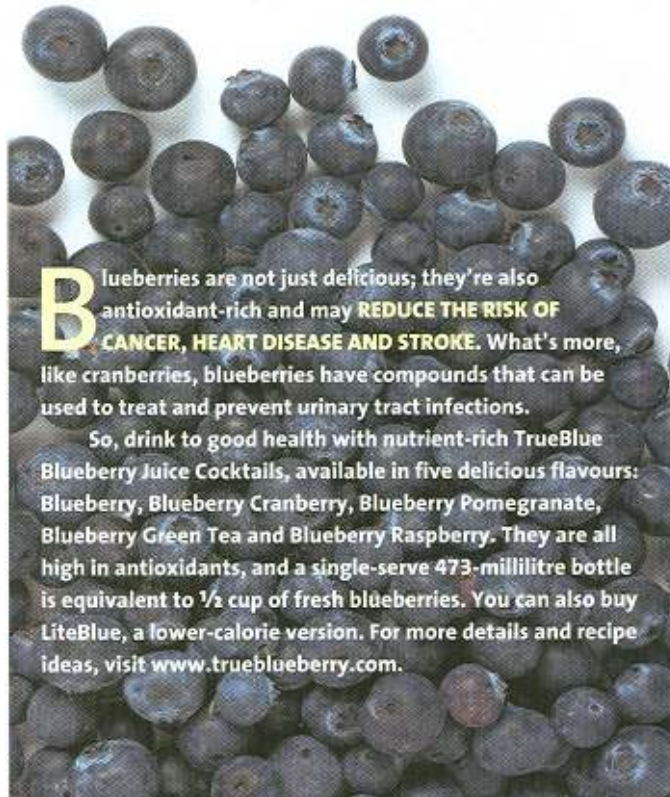


Canadian Living

SMART SOLUTIONS FOR EVERYDAY LIVING

September 2006

BLUE TRUTH: THE BERRIES HAVE IT



Blueberries are not just delicious; they're also antioxidant-rich and may **REDUCE THE RISK OF CANCER, HEART DISEASE AND STROKE**. What's more, like cranberries, blueberries have compounds that can be used to treat and prevent urinary tract infections.

So, drink to good health with nutrient-rich TrueBlue Blueberry Juice Cocktails, available in five delicious flavours: Blueberry, Blueberry Cranberry, Blueberry Pomegranate, Blueberry Green Tea and Blueberry Raspberry. They are all high in antioxidants, and a single-serve 473-millilitre bottle is equivalent to ½ cup of fresh blueberries. You can also buy LiteBlue, a lower-calorie version. For more details and recipe ideas, visit www.trueblueberry.com.