

St. Joseph News-Press

Sunday January 31, 2007

St. Joseph, Missouri

Show & tell

Drink
healthy
blueberry
juice



You've heard how blueberries are packed with health benefits: how they not only fight cancer and heart disease, but they also lower cholesterol, slow down the aging process and improve eyesight, coordination and balance.

But how many blueberries can you eat? Leading Brands, Inc., a premium healthy beverage company, has introduced TrueBlue® blueberry juice, making it easy to drink to your health year round. Each glass contains as much juice as 1/2 cup fresh blueberries. The award winning drink comes in six flavors and is available at Catherine's Basic Essentials in King City, Mo, Shop and Save and Dierbergs (St. Louis area). For more details, coupons and recipes visit www.trueblueberry.com.

— Sylvia Anderson, St. Joseph News-Press