

PineApple



Aids Digestion

- Bromelain also breaks down proteins in the digestive tract, easing bloating, constipation, and indigestion.

Speeds Up Recovery

- Due to its anti-inflammatory and enzyme-rich nature, pineapple juice may reduce muscle soreness and swelling after exercise or injury.

Natural Diuretic

- Helps reduce water retention and may support kidney health and detoxification.

May Support Weight Management

- Naturally sweet yet low in calories, pineapple juice can satisfy cravings and aid digestion—making it a helpful part of a balanced diet.

