

CONFIDENTIAL: HIGHLIGHTS OF PEACH NUTRITION RESEARCH

Due to the canning process, California Cling Peaches are on par or are more nutritious than their fresh counterparts with regards to the following nutrients:

On Par with Fresh

Vitamin E:

- *Essential for hair, skin, fingernails and organ health *Antioxidant qualities that help heal, repair and rejuvenate
- *Reverses and prevents signs of aging

Phelolics:

- *An antioxidant known to slow heart disease *Prevents fat-like substances in the blood from forming plaque that blocks arteries

Carotenes:

- *Intense orange pigment; converts into Vitamin A

Higher Than Fresh

Vitamin A:

- *Essential for vision, skin, healthy bone growth and a healthy immune system
- *Helps skin to repair, stay moist and produces enzymes that stabilized the production of collagen.
- *Destroys cell damaging free radicals in your body

Substantially Higher Levels Than Fresh

Vitamin C:

- *Required for the production of the protein collagen -- found in tendons, skin, bones, cartilage, ligaments and blood vessels
- *Supports the body's tissues, heals wounds and helps maintain blood vessel structure
- *Reduces the toxicity of medications and chemicals

Antioxidants—1.5X Higher Than Fresh:

- *Prevent and repair damage done by free radicals in the body *Nutrients that are believed to play a role in preventing the development of such chronic diseases as: cancer, heart disease, stroke, Alzheimer's disease, Rheumatoid arthritis and cataracts

Folate—10x Higher Than Fresh:

- *Needed for metabolizing amino acids and synthesis of DNA
- *Women of childbearing age need folate to prevent abnormalities in the brain/ spinal cord that occur during fetal development
- *Low intake of folate has been associated with heart disease and certain cancers.