

Carrot Juice

Health Benefits of Carrot Juice

Protects Eye Health

Three crucial nutrients, beta carotene, lutein and zeaxanthin, within carrots considerably boost eye health. Just one cup of carrot juice provides 400% of your vitamin A needs! Vitamin A is one of the most crucial nutrients necessary for protecting eye health and vision, especially for the elderly

High Source of Antioxidants

Carotenoids, found in carrots and other orange vegetables, are potent antioxidants that can help reduce your risk of various forms of temporary illnesses and serious chronic diseases. Carrots and carrot juice benefit the immune system by helping to defend the body from free radical damage, harmful bacteria, viruses and inflammation

Decrease Risk for Heart Disease and Stroke

Eating more deeply coloured orange vegetables like carrots decreases the risk of cardiovascular disease, especially in adult women. Regardless of other cardiovascular risks, current research indicates that drinking carrot juice benefits heart health by lowering oxidative stress and improves the body's defence against various forms of cardiovascular disease.





Helps Protect Against Cancer

Daily intake of fresh carrot juice benefited the body's defence against cancer and an effective approach to increase the levels of protective antioxidant carotenoids in the blood. This reduces oxidative stress and inflammation, both of which protect against cancer growth.



Important for Maintaining Oral Health

The nutrients found in carrots help improve immunity, including the body's ability to fight bacteria and toxins that enter through the mouth and live within the gums and teeth. Certain minerals in carrots can be antibacterial and help prevent cavities and tooth decay. Carrots can also help remove plaque and stains from teeth if eaten after meals. The fibre in carrots boosts immunity by acting as a natural digestive system brush, scrubbing away unwanted bacteria in the gut and promoting better digestion of immune-boosting nutrients.



Boosts Skin Health and Wound Healing

Carrots have even been used as a poultice to help heal wounds for centuries due to their high beta carotene content. If you have any type of skin infection, cuts, or other wounds, you'll find that carrot juice benefits your skin health by increasing your ability to heal faster and to fight infection and noticeable signs of skin inflammation.



Get yourself a cup of fresh carrot juice using the Hokey Manual Juicer Today!

