

Healblend Juice Therapy

Banana & Orange Juice



- 2 Oranges
- 1 Banana
- 3 walnuts

If you are suffering from insomnia, this juice will help you sleep like a baby. Oranges, bananas and walnuts are full of nutrients, one of these nutrients include Melatonin, which is a hormone that our brain produces to help us sleep and relax.

Mix these ingredients in a blender and enjoy 30 minutes before dinner.

This Juice is suitable for kids 1year to adults 65+.

Thank you for downloading and visiting our site.