



# DARE TO COMPARE: AB Defend Vs. Tropicana OJ

## DRINK THIS...

### *ActiveBlendz Defend*

- ALL NATURAL formula
- Only 5 calories a serving
- No artificial colors or flavors
- No artificial sweeteners
- No sugar
- No caffeine (*perfect any time of day*)
- Proven immune-supportive ingredients  
(*for patented medicinal mushroom blend*)
- Ayurvedic elderberry (*for respiratory health*)
- Individually packaged (*for freshness and convenience*)
- Great for the whole family!



## NOT THAT...

### *Tropicana Pure Premium OJ*

- No ingredient list available.
- 110 calories per 8 oz  
(*most people drink 16+ oz*)
- 22 grams of sugar (*per 8 oz serving*)
- Limited info available regarding sweeteners or flavor enhancers
- Limited shelflife (*only good for 1-2 weeks*)
- Flavor packs are added for flavor and color consistency.

