



STEM NEWS

WATERMELON: YOUR SUMMER SUPERFOOD

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1

A NEW STUDY SHOWS PEOPLE WHO EAT WATERMELON REGULARLY HAVE BETTER OVERALL DIETS — MORE FIBER, VITAMINS A & C, MAGNESIUM, POTASSIUM, AND ANTIOXIDANTS — AND THEY CONSUME LESS ADDED SUGAR AND SATURATED FAT.

2

BONUS WIN, WATERMELON JUICE MAY HELP SUPPORT HEART AND BLOOD VESSEL HEALTH THANKS TO NATURAL COMPOUNDS LIKE L-CITRULLINE.

3

SUPER HYDRATING, KID-APPROVED, AND ONLY ~80 CALORIES PER SERVING — THE EASIEST HEALTHY SWAP THIS SUMMER!



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