

# The benefits of Fruit and Vegetables

# More vitamins, juice, antioxidants

# Drink your way to five a day

The benefits of fresh fruit and vegetables are widely known.

Nutritionists and Dieticians say that having at least 5 portions of fruit and vegetables a day can help reduce the risk of heart disease and cancer.

With the Magimix juicer range, **juices**, **smoothies**, **coulis**, **cocktails** and **jams** are easy to perform.

## Enjoy the full benefits of juicing fruit and vegetables !

Vitamin A	pineapple, carrots, cabbage, cherries, lemon, courgettes, peppers, tomato, orange, kiwi
Vitamin B1 or B6	apricot, pineapple, asparagus, carrot, spinach, fennel, apple, pear
Vitamin C	apricot, pineapple, strawberries, blackcurrants, orange, grapefruit, apple, pear, grapes
Vitamin D	cultivated mushroom
Vitamin E	asparagus, carrot, celery, cabbage, cucumber, spinach, fennel, parsley, pepper
Calcium	parsley, watercress, spinach, fennel, broccoli, blackcurrants, green beans, cabbage
Iron	ginger, parsley, watercress, spinach, fennel, blackberries
Iodine	pineapple, leek, garlic, melon, peach, asparagus, spinach, tomato
Magnesium	ginger, spinach, fennel, parsley
Phosphorus	garlic, ginger, coconut, cherries
Potassium	ginger, parsley, spinach, garlic, fennel
Sodium	celeriac, fennel, spinach, beetroot, turnip, parsley

\* For each mineral salt, we have classified the fresh fruit and vegetables in descending order according to their average content per 100 g net.



**More Vitamin C\***  
in home-made orange juice



**More Juice\*\***  
less oxidation



**More Antioxidants\*\***  
than a masticating slowjuicer



\*Spectralys laboratory  
\*\* In vivo laboratory

### Magimix UK Ltd

19 Bridge Street - Godalming - Surrey - GU7 1HY  
Customer Care: 0844 573 8655 - enquiries@magimixuk.co.uk

### Magimix Ireland

11 Northumberland Avenue Dun Laoghaire - County Dublin - Tel.: 01 280 6630

Ref. 460243



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quick | easy | healthy

**magimix®**  
the possibilities are endless

# Get more from your magimix Juicer

The Magimix juicer range offers a truly comprehensive solution for making fruit and vegetable juices.

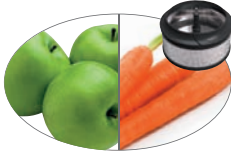
## Citrus press

For juicing oranges, lemons, grapefruit...  
2 cones for large and small citrus fruits.



## Juice Extractor\*

For extracting a pure, clear juice from fruit and vegetables.  
Stainless steel juice extractor basket for optimal juice extraction.  
1 apple = 1 glass



## SmoothieMix\*

For extracting from soft or cooked fruits and vegetables (strawberries, peppers, tomatoes...): nectars, smoothies or coulis



## Slicing/Grating Kit\* (Optional)

For 2mm or 4mm slicing and grating of all kinds of vegetables.



## Easy to clean

Basket with removable rim. All parts can be removed and are dishwasher safe.



## Which Magimix Juicer is right for you?



	Le Duo Range	Le Duo XL	Le Duo Plus XL
<b>Functions</b>		<b>2 in 1</b>	<b>3 in 1</b>
<b>Citrus press</b>		✓	✓
<b>Juice extractor</b>		✓	✓
<b>SmoothieMix</b>			✓
<b>Removable rim</b>		✓	✓
<b>Extra large Feed tube</b>		✓	✓
<b>Commercial Grade Induction motor</b>		✓	✓
<b>Recipe book 60 exciting ideas</b>		✓	✓
<b>Accessories</b>			
<b>Optional Slicing/Grating Kit</b>			
<b>Optional discs</b>	Parmesan disc - Julienne disc - 6mm slicing disc - 6mm grating disc - Fluted disc - Extra wide julienne disc		

\*Magimix patented