

**“An apple a day keeps  
the doctor away”**



**Fiber**

**Improves gut  
health and  
makes you feel  
full**



**Vitamin C**

**Strengthens  
immune system**



**Antioxidants**

**Fight against  
heart disease  
and cancer**



**Quercetin**

**Phytochemical  
that improves  
brain health**