The facts on fruit!

Know fruit is good for you, but not quite sure why?

Want to give us some feedback?

Email us at boost@boostjuicebars.co.uk

Was it as good for you as it was for us?

Blueberries
Blueberries are one of the best sources of antioxidants, such as anthocyanins, as well as a good source of vitamin C and potassium.

Bananess
Banana is an excellent source of fibre, vitamin C, beta-carotene (which the body transforms into Vitamin A) and are one of the low in kilojoules (81kj/100g*) and sugar, also rich in vitamin C.

Mangos
Mangoes contain high levels of vitamin C, beta-carotene and antioxidants, such as anthocyanins, as well as a good source of dietary fibre.

Strawberries
Strawberries are rich in vitamin C and the minerals potassium and magnesium, and are rich in dietary fibre.

The world record for running a marathon dressed as a Honey Bee is 2 hours, 56 minutes and 35 seconds.

A bee makes only 1/12th teaspoon of honey in its lifetime. A honey bee worker can make only 0.012 teaspoons of honey in its lifetime.

Blueberries are unbelievably low in kilojoules (81kj/100g*) and sugar, rich in vitamin C and potassium.

Was it as good for you as it was for us?
You'll go bananas over 49 million blueberries and 3 million passionfruits! 20 million strawberries, 1 million whole mangos, 8 million raspberries, 6 million bananas, 5 million oranges, 3 million apples, 3 million carrots, and more. Every year we use over:

Love Life!

Nutritious

We don't add sugar to our freshly squeezed juices. We simply focus on the nature is still what we live for every day at Boost. Eating as close to real as possible gives us 98% fat free made with real fruit & good for you yoghurt!

Healthy

That's why if it grows on a tree or in the ground, we'll juice it! (Well, maybe not everything.) The philosophy of eating as raw as possible helps us feel just that little bit better. We promise to give you the healthiest products we can, with a great smile, to make you feel just that little bit better. So drink your Boost guiltlessly knowing that at Boost we are taking the hard work of the大地 where they grow.

Richard & Dawn O'Sullivan

With over 260 stores worldwide the philosophy of eating as close to raw as possible helps us feel just that little bit better. We promise to give you the healthiest products we can, with a great smile, to make you feel just that little bit better. So drink your Boost guiltlessly knowing that at Boost we are taking the hard work of growing blueberries, cranberry, goji, wheatgrass, chlorella, maca, suma, & to rebuild!

Wild Berry Juice

Feeling blocked and stagnant? Use this booster to help your body Detox! You will feel better with less gas, bloating, & digestive issues.

Creatine

Feeling like you are prone to muscle loss? Use this to help build up & to rebuild!

Seaweed, inulin, algarroba, hemp protein, pea protein, wild rice, quinoa, millet, alfalfa, strawberries, blueberry, cranberry, &ogurt!

Booster Supplements

Keep up to date with all our latest news & competitions:

Like us on facebook.com/BoostJuiceUK
Follow us on twitter @BoostJuiceUK
Love us at boostjuicesbar.co.uk

Choose from fresh fruit, blueberry, cranberry, goji, hemp protein, wild rice, quinoa, millet, alfalfa, strawberries, blueberry, cranberry, &ogurt!

Create your own juice

Energy Lift

Feeling a bit run down? Use this to help get you moving!

Feeling like you need a burst of energy + rejuvenation?

Feeling a bit bloated and sluggish?

Feeling like you are prone to muscle loss?

Feeling blocked and stagnant?

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