




# DecodePure





## MANGO JUICE INGREDIENT CHECKLIST

AVOID THESE HARMFUL INGREDIENTS

### Avoid THESE HARMFUL INGREDIENTS

Ingredient	Why It's Harmful
 High-fructose corn syrup	linked to obesity
 Added sugars	may lead to health issues
 Artificial flavors	offer no nutritional value

### CONSIDER THESE HEALTHIER CHOICES

Preferred Ingredient	Benefits
 Ripe mango	naturally sweet
 Water	helps hydrate
 Fruit puree	adds flavor and fiber
 Natural flavors	derived from real ingredients
Essential oils	nourish hair and add fragrance

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