

BOTTLED "NATURAL" ORANGE JUICE HAS MORE SUGAR THAN COKE, VANISHED VITAMIN C AND COSTS 250% MORE

More sugar than coke, vanished vitamin C and costs 250% than other drinks. According to JURAVIN RESEARCH, the bottled "natural orange juice" should be avoided.

BELLA COLLINA, FLORIDA, UNITED STATES, April 26, 2019
/EINPresswire.com/ -- See part 1 of 2:
<https://juravin.com/healthy/poisonous-sugar-in-56-deceitful-names-research-by-don-juravin/>

The FDA permits manufacturers in the food and drink industry to list the nutrients of natural orange juice at the time of packaging. Based on the nutrition facts label, the consumer expects to have benefited from all the claimed nutrients until it's expired. [JURAVIN RESEARCH](#) found that while no one is really "lying", per se, the consumer is tricked. What fresh OJ manufacturers don't tell you is that once you open the container, Vitamin C immediately oxidizes and vanishes.

“

Orange juice has more sugar than Coke, costs 250% more and it's vitamin C vanished almost ZERO. No health benefits of vitamin C. For me, OJ is losing money and gaining weight.”

Don Juravin

COMPARING ORANGE JUICE SUGAR CONTENT TO OTHER DRINKS

One 16 oz personal serving size of Tropicana Classic, for example, contains at least 44 g of sugar, which is equivalent to about 10 teaspoons of pure sugar (or 1.6 oz). That's one ounce of fat per personal serving of natural orange juice. Drinking OJ about every other day (4x a week) adds 4 ounces of fat!

SEE TABLE COMPARISON >>

[DON KARL JURAVIN](#) RECOMMENDS:

While 100% of the Vitamin C vanished, 1.6 oz sugar and one ounce of fat were left to stay in your body.

□ If you are overweight or care about gaining weight, avoid natural OJ. The high levels of bad sugar convert to 1 oz of unhealthy fat in your body.

□ If you need to gain weight, drink natural OJ, but don't count on Vitamin C.

OJ: more sugar than Coke

210cal. 500ml*

223 calories

both are 16 oz 500 ml

The picture is for illustration purposes only and does not pertain to a particular brand.

more sugar and calories in "natural" orange juice than in Coke

JURAVIN RESEARCH
comparing 230 countries for health & safety

□ Like the taste of fresh OJ? Try to find a diet drink that has no more than 10 calories per serving.

□ Vitamin C, from a natural source or from the lab, has the same benefits.

□ Natural OJ tastes good mainly because our brains detect high sugar levels. By drinking diet juices over a period of 2 weeks, your brain will get used to enjoying drinks with much lower sugar levels. Start now.

□ Drinking 2 to 3 sugary soda cans a day, will add 3.2 pounds of fat to your body, accelerate tooth decay and produce dramatic mood swings.

ARE THE FDA GUIDELINES PROTECTING US?

Though it seems like the FDA is trying, Vitamin C is not always listed as a nutrient but is a permitted preservative. If the levels of Vitamin C do not fortify the juice, it is considered a preservative, says the author [Don Juravin](#).

"If [Vitamin C] were added at the level used as a preservative, then a statement such as 100% juice with preservative should be used. In this case, it would be listed in the ingredient statement as a preservative in accordance with 101.22(j)."

Sources:

<https://juravin.com/healthy/bottled-natural-orange-juice-has-more-sugar-than-coke-vanished-vitamin-c-and-costs-250-more/>

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064872.htm>

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.30>

<http://www.ncbi.nlm.nih.gov/pubmed/11985409>

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.30>

Research by: Don Karl Juravin (USA)

<https://juravin.com>

<https://twitter.com/DonJuravin>

<https://facebook.com/juravin>

<https://pinterest.com/juravin>

<https://instagram.com/juravin/>

<https://youtube.com/juravin>

<https://juravin.tumblr.com/>

<https://reddit.com/user/juravin>

<https://plus.google.com/+DonJuravin>

<https://juravin.academia.edu>

PR

<https://hype.news/don-juravin>

<https://openpr.com/news/archive/215186/Don-Juravin.html>

<http://einpresswire.com/newsroom/juravin/>

Natural OJ Vs. Coke Vs. Other Juices

16 oz bottles	Coca-Cola	Orange	Apple	Cranberry	Grape
Carbs (g)	53	52	58	61	73
Carbs (g from sugar)	53	42	54	54	70
Sugar (tsp)	12	10	13	14	17
Calories	186	223	233	245	284
Fat (oz) 218 calories = 1 oz fat	0.9	1	1	1.1	1.3
Monthly Weight Gain (based on 10 personal bottles a week)	2.3 pounds	2.7 pounds	2.7 pounds	3 pounds	3.5 pounds

numbers have been rounded Source: [FatSecret](#)

more sugar and Drink calories sugars comparison:
"natural" orange juice Vs Coke and others

Research

<https://juravin.academia.edu/>
<https://zenodo.org/record/2551844#.XGijWM9Kh24>
<http://scholar.google.com/citations?user=jCdHy0EAAAAJ&hl=en>
https://researchgate.net/profile/Don_Juravin
<https://orcid.org/0000-0002-7537-2939>

Author Contributor

<https://juravin.wordpress.com>
<https://medium.com/@juravin>
<https://juravin.quora.com>
<https://hype.news/don-juravin>
<https://juravin.blogspot.com/>
<https://tumblr.com/blog/juravin>
<https://independent.academia.edu/Juravin>

Profile

<https://ted.com/profiles/7929318>
<https://linkedin.com/in/juravin/>
<https://quora.com/profile/Don-Karl-Juravin>

Docs

<https://www.scribd.com/user/377772125/Don-Karl-Juravin>

Local

<https://juravin.business.site>
<https://linkedin.com/company/juravin>

Don Karl Juravin
Must Cure Obesity
+1 813-922-5888
[email us here](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.