

The most antioxidants  
allowed by the laws of nature.

## MEET ARo.

ARo (pronounced "arrow") is a juice made with the aronia berry, the ultimate fruit that packs a bigger antioxidant punch than cranberries, blueberries or even pomegranates.

### EVEN BETTER, ARo TASTES AWESOME!

ARo's got it all. Good looks. Great taste. A bevy of beautiful juices, including pineapple, pear, orange, peach, Concord grape and apple, plus banana puree.

And that aronia berry! It ranks up there with the highest known levels of phytonutrients. No wonder Pamela Thomas, MD, co-founder of Aronia Drinks, wanted to make a tasty juice with it.

What ARo doesn't have: There's no added sugar, corn syrup or artificial sweeteners.

Drink this three to five times each week and reap the many benefits that a diet rich in antioxidants can offer.

Rediscover Healthy.  
[aroniadrinks.com](http://aroniadrinks.com)



# WHAT'S AN ARONIA BERRY, YOU ASK?



## GREAT QUESTION!

Aronia berries are similar in size to blueberries and deep violet in color. As is true of many intensely colored foods, they contain exceptionally high levels of biologically active compounds, especially anthocyanins and polyphenols. Aronia berries have three times the antioxidant activity of the pomegranate, as measured by ORAC values.\*

*\*USDA Database for Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2, May 2010. ORAC is a measure of a fruit's antioxidant level.*

Where do you get this delicious wonder drink?  
**See "Where to Buy" at [aroniadrinks.com](http://aroniadrinks.com).**

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# ARÖ

the aronia berry brand™

Proudly bringing the Aronia Berry to the consumer  
market through these trusted Iowa farm partnerships:



**Winding Creek**  
Your Aronia Connection

**Life**  
Levi's Indigenous Fruit Enterprises

Visit [aroniadrinks.com](http://aroniadrinks.com) for more info.

