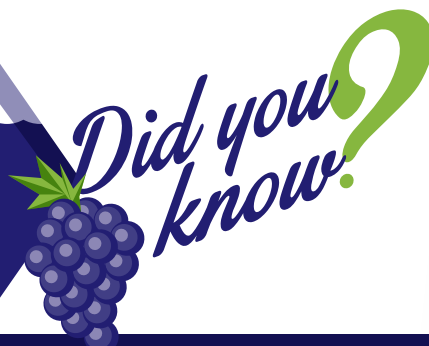


Unconk the Secrets of Grape Juice

We've all heard of the benefits linked to drinking moderate amounts of red wine, but what about 100% grape juice?



Red wine, in moderation, has long been associated with a heart-healthy diet.



Did you know?

Nearly 20 years' worth of research shows that thanks to the dark purple Concord grape, **100% grape juice can help support a healthy heart.** ¹



Many of the healthy plant nutrients, or **polyphenols**, in **Concord grapes** are the same as those found in red wine...

...and, **only 29% of Americans**, surveyed by Welch's, were aware of this fact.

29%

Not only do polyphenols give Concord grapes their vibrant purple color, but many of these **plant nutrients** also **deliver heart-health benefits.**

In fact, Concord grapes have a lot of the same heart-health benefits as red wine.

And, new research has found that **100% grape juice made with Concord grapes can support heart-health** by promoting healthy circulation. ²

Welch's

Visit welchs.com/health to learn more about 100% grape juice made with Concord grapes as part of a heart-healthy diet.

Sources

¹ grapescience.com

² Dorsey PG et al. Concord grape juice improves endothelial function in overweight, older adults. Presented at the 55th Annual Conference of the American College of Nutrition. San Antonio, TX. October 15-18, 2014.