Early to Rise Customer Support

Is it ok to drink orange juice?

Stephanie H - 2020-02-20 - Nutrition FAQs and Substitutions

The "Freshly Squeezed" boxed/bottled variety and the Added Sugar boxed/bottled variety are unfortunately both equally bad.

We recommend freshly squeezed OJ it is loaded with all those great naturally-occurring antioxidants and enzymes! Plus, while pasteurization is intended to protect against health concerns associated with juice production, raw orange juice naturally possesses antimicrobial properties from the vitamin C, citric acid, and other compounds within it. When you keep all of those in tact, instead of oxidizing it all out of it, orange juice protects itself as well as supporting your health!

Fresh OJ contains lots of vitamin C and bioflavanoids, making it a powerful antioxidant source and so much more...