



V8® 100% Vegetable Juice

Whether you like a little spice or are looking to cut back on the salt in your diet, V8® 100% vegetable juice has something for everyone. And, each variety delivers two servings (one cup) of vegetables, has 50 calories in each 8-ounce serving and contains half the carbs of a serving of orange juice¹



Original

Original V8 is made from a unique blend of 8 vegetables including tomatoes, carrots, celery, beets, parsley, lettuce, watercress and spinach. In 2007, the sodium content of V8 was reduced by 19% - while still maintaining that classic zesty taste – to make it heart healthy, so it now displays the American Heart Association’s heart-check mark.

- 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 470g potassium, 10g total carbohydrates, 2g fiber, 40% DV vitamin A, 120% DV vitamin C



Low Sodium

For those looking to manage their salt intake, Low Sodium V8 contains 70% less sodium than regular V8. It’s also an excellent source of potassium, which helps maintain fluid balance and normal heart rhythm².

- 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 140mg sodium, 820mg potassium, 10g total carbohydrates, 2g fiber, 40% DV vitamin A, 120% DV vitamin C



High Fiber

V8’s great, zesty taste with two-and-a-half times more fiber than the original. Each 8-ounce glass contains 5 grams of fiber -- 20% of the Daily Recommended Value.

- 60 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 470mg potassium, 13g carbohydrates, 5g fiber, 30% DV vitamin A, 120% DV vitamin C

¹ V8® contains 10 grams of carbohydrates per 8-ounce serving. Orange juice contains 25 grams of carbohydrates per 8-ounce serving.



Spicy Hot

Enjoy the vegetable goodness of V8 with a zesty kick sure to spice up your taste buds.

- 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 710mg sodium, 420mg potassium, 10g total carbohydrates, 2g fiber, 25% DV vitamin A, 100% DV vitamin C



Essential Antioxidants

Essential Antioxidants makes a good thing even better by combining the powerful antioxidant lycopene and vitamins A, C & E, which serve as building blocks to help support the body's immune system and help protect against the damaging effects of free radicals.

- 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 430mg potassium, 11g total carbohydrates, 2g fiber, 100% DV vitamin A, 200% DV vitamin C, 100% DV vitamin E, 10% DV zinc



Calcium Enriched

Calcium Enriched V8 has as much calcium per serving as an 8-ounce serving of milk.^{2 3}

- 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 460mg sodium, 680mg potassium, 11g total carbohydrates, 2g fiber, 40% DV vitamin A, 120% DV vitamin C, 30% DV calcium

Available in multiple sizes from 5.5-ounce to 64-ounce bottles at supermarkets and mass merchandise stores nationwide. MSRP ranges from \$0.85 to \$3.79.

For more information, visuals or to request product, please contact Sarah Kittel at 312.988.2043 or sakittel@webershandwick.com.

² Calcium Enriched V8® 100% Vegetable Juice and milk each contain 300mg of Calcium per 8 fluid ounce serving.

³ 1 serving of vegetables = ½ cup, 2 servings in 8 oz. V8® 100% Vegetable Juice. Daily Recommendations = 2 ½ cups of a variety of vegetables for 2,000 calorie diet. USDA MyPyramid.