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HEART-HEALTHY & BPA-FREE JUICES

BY CHRISTY MCCUAIG, EDITORIAL INTERN

I'm a bit of a wine snob, so I was a little skeptical about a new nonalcoholic juice called Embodi (\$2.50; drinkembodi.com), which promises all the heart-healthy benefits of red wine. But after just a few sips of the slightly sweet Berry Renewal flavor (two other flavors are Citrus Resurgence and Tropical Revival), I totally got the appeal.

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Made from a blend of red wine grapes like Zinfandel and Pinot

Noir plus other juices like pomegranate and pear, Embodi contains the same amount of resveratrol (an antioxidant that has anti-inflammatory properties) that's found in two glasses of red wine. Packaged in sleek aluminum bottles with BPA-free linings that protect the sensitive antioxidants from light, they're easy to recycle—just throw them in with your cans.

I'll still go for a glass of Bordeaux at my favorite French [restaurant](#), but now I also have a heart-healthy, alcohol-free [beverage](#) I can enjoy any time of the day.

Your Comments:

Since it is a juice, is it still pasteurized?

-- Jennifer

Your Comments:

Yes, Embodi is pasteurized for safety.

-- Erin Haigh

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