

# Media Release

## Andrew Broad

Member for Mallee

Wednesday 9 August 2017

### **An Orange a day keeps the doctor away**

Federal Member for Mallee Andrew Broad has called on the people of the Wimmera Mallee and Mildura regions to opt for fresh fruit when battling this winter flu season rather than dosing up on multivitamins from a jar.

“It’s harvest season for our citrus growers, and you might be surprised to know just how much a fresh Aussie orange will do for your immune system,” Mr Broad said.

With flu season well and truly upon us and icy mornings and evenings across some parts of the Wimmera Mallee Mr Broad says Australian grown citrus is the way to go.

“In terms of health benefits Citrus Australia say one Australian orange has almost twice the recommended daily Vitamin C intake, plus citrus is very high in antioxidants.”

“The Mallee is home to an array of citrus growers so instead of reaching for a multivitamin support our local growers, shop local and pick yourself up an Australian orange.”

**- ENDS -**

Email [andrew.broad.mp@aph.gov.au](mailto:andrew.broad.mp@aph.gov.au)  
Web [www.andrewbroad.com](http://www.andrewbroad.com)  
Phone 1300 131 620

Media contact: Tori Masters  
Email [tori.masters@aph.gov.au](mailto:tori.masters@aph.gov.au)  
Phone 0418 445 233