

# Eat the Colors of the Rainbow



## 5 COLORS

### *of phytonutrients*

#### RED

Helps maintain a healthy heart, vision, immunity & protects against cancer.



#### PURPLE

Good for heart, brain, bone, arteries, cognitive health & has anti-aging benefits.



#### GREEN

Supports eye health, arterial function, lung health, liver function & cell health. Helps wound healing & gum health



#### WHITE

Supports healthy bones, circulatory system & arterial function. Fights heart disease & cancer.



#### YELLOW

Good for eye health, healthy immune function & healthy growth & development. May reduce the risk for some cancer

