

THE NUTRITION RAINBOW

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



Lycopene reduces and prostate cancer risk, boosts heart, brain, eye and bone health.

Beta-carotene fights cancer, reduces inflammation, supports immune system, and boosts vision.



Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.



Folate builds healthy cells and genetic material and boosts heart health.
Calcium strengthens bones, muscles and heart health.



Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.
Allyl sulfides destroy cancer cells and reduce cell division.



Anthocyanins destroy free radicals, reduce inflammation and boost brain health.



Resveratrol may decrease estrogen production, boosts heart and brain health.



Fiber boosts digestion and weight loss, removes carcinogens.



GastroDoxs
— defenders of the digestive system —