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.



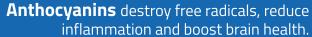
Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

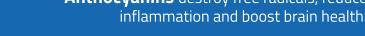




Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell divison.







Fiber boosts digestion and weight loss, removes carcinogens.

