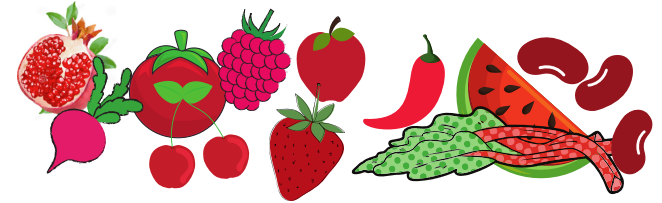


# The Vegan's Guide To Eating The Rainbow

## RED

LYCOPENE

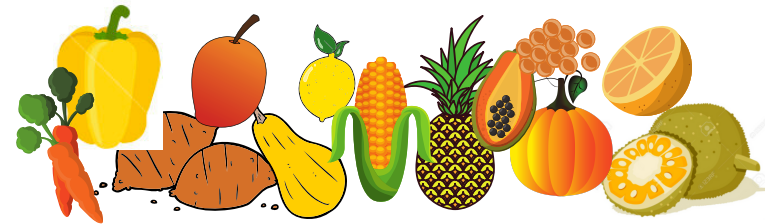
Promotes heart health, lowers risk of cancer, reduces inflammation



## ORANGE & YELLOW

BETA-CAROTENE

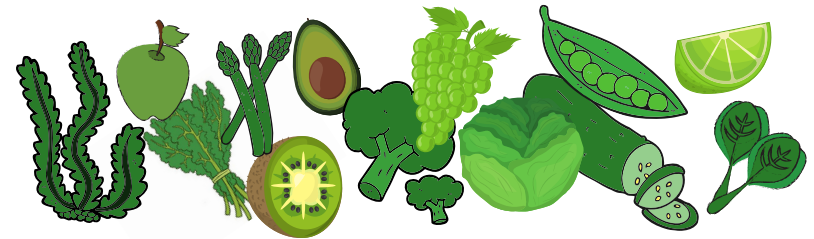
Keeps eyes and skin healthy, boosts the immune system



## GREEN

CHLOROPHYLL

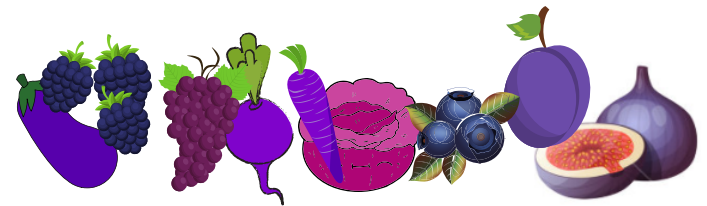
Detoxifies the body, restores energy, lowers risk of cancer, promotes strong bones



## BLUE & PURPLE

ANTHOCYANIN + RESVERATROL

Healthy aging, boosts immune system and memory, promotes heart health



## WHITE, TANS & BROWN

ALLICIN + POLYPHENOLS

Boosts immune system, reduces inflammation, promotes heart health

