

A Rainbow of Phytonutrients	
Color	Phytonutrients
Red	Packed with lycopene and anthocyanins, which improve heart health and reduce cancer risk.
Orange	Rich in beta-carotene and vitamin C, supporting vision, healthy skin, and a strong immune system.
Yellow	Abundant in lutein, zeaxanthin, and carotenoids that support eye health, protect against age-related macular degeneration, and provide powerful antioxidant and anti-inflammatory benefits.
Green	Contains lutein, an antioxidant that supports vision, along with potassium, vitamin C, vitamin K, and folic acid.
Blue/Purple	Rich in antioxidants and phytonutrients that are anti-aging, cancer-reducing, and support mental clarity.
White/Tan	High in potassium and phytonutrients, helping to lower cholesterol, blood pressure, and diabetes risk.