

# The Color Chart For Better Health & Nutrition



## RED

Aids in:

Reducing some cancers including prostate, and heart disease



## BLUE

Aids in:

Inhibiting blood clots, improving heart function, reducing strokes, and fighting some cancers



## GREEN

Aids in:

Preventing premature blindness, cleansing the liver of cancer causing compounds



## YELLOW

Aids in:

Healthy vision, cell protection, and preventing some cancers



## WHITE

Aids in:

DNA & cell membrane protection, & maintaining healthy cholesterol levels



## ORANGE

Aids in:

Improved cell communication & immune system, eye health, and fighting some cancers