

## Bright Rich Diet



**Lycopene** reduces breast 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.

