

## A Path to Whole Body Health

- ❖ Blueberries
- ❖ Boysenberries
- ❖ Black Raspberries
- ❖ Acai Berries
- ❖ Blackberries  
(Including "Marionberry" and "Olallieberry")
- ❖ Prunes
- ❖ Purple Grapes
- ❖ Black Grapes
- ❖ Black Currants
- ❖ Variety of Plums



*Dark fruits like Purple Grapes, Blackberries, Plums or Blueberries pack an Antioxidant Punch!*

Blueberries



Grapes



*Add a Little  
Color to your  
Life!*

Plums



Blackberries



**JUST  
ADD  
TO**

- ❖ SMOOTHIES
- ❖ FRUIT SALAD
- ❖ FRUIT & NUT MIX
- ❖ HEALTHY SNACKING
- ❖ MIXED BERRY BOWL

**FRESH FIRST!  
THEN FIGHTBACK!**



# FIGHTING INFLAMMATION

*Nutrition Naturally!*

Dark fruits are majestic and nutritious, offering an array of beneficial macro, micro, and phyto nutrients.



Everything the plants have that you want.

**Blueberries** are a beneficial source of Vitamins C, K, and several B vitamins. These vitamins contribute to immune function, collagen synthesis, blood clotting, and energy metabolism.

## Blueberries

**Minerals:** Blueberries contain manganese, which plays a key role in bone health, metabolism, and antioxidant defense.

**Minerals:** Blackberries contain minerals such as potassium, copper, and manganese. Potassium helps maintain proper fluid balance, manganese supports bone health and antioxidant defense, while copper plays a role in red blood cell production and iron absorption.

## Blackberries

**Blackberries** are a great source of Vitamins C, K, and E. Vitamin C supports immune function, collagen synthesis, and is an antioxidant. Vitamin K supports blood clotting and bone health. Vitamin E provides for cell protection and antioxidant defense.

**Dark Grapes** are a natural source of Vitamins C and K. Vitamin C supports immune function and collagen synthesis, while vitamin K is essential for blood clotting and bone health.

## Grapes

**Minerals:** Grapes contain minerals like potassium, which helps regulate blood pressure, and copper, which aids in red blood cell production.

**Minerals:** Plums contain minerals such as potassium, manganese, and copper. Potassium helps maintain proper fluid balance, manganese supports bone health and antioxidant defense; copper plays a role in red blood cell production and iron absorption.

## Plums

**Plums** are a rich source of Vitamins C, A, and K: Vitamin C acts as an antioxidant, supporting immune function and collagen synthesis. Vitamin A is essential for vision health. Vitamin K supports blood-clotting and bone health.



*Add a Little  
Color to your  
Life!*

## PHYTONUTRIENT HEALTH BENEFITS of DARK FRUITS

- ❖ **Antioxidants:** anthocyanins neutralize "free radicals"; reduce oxidative stress
- ❖ **Flavonoids:** quercetin and kaempferol (beneficial anti-inflammatories)
- ❖ **Ellagitannins:** potential *anti-cancer* properties and anti-inflammatories
- ❖ **Polyphenols:** plant compounds which are antioxidant & anti-inflammatory

## IMMUNE SYSTEM SUPPORT

## ANTIOXIDANT PROPERTIES

Incorporating dark fruits into your diet can provide a nutrient-dense boost, supporting overall health, inflammation reduction, and disease prevention.