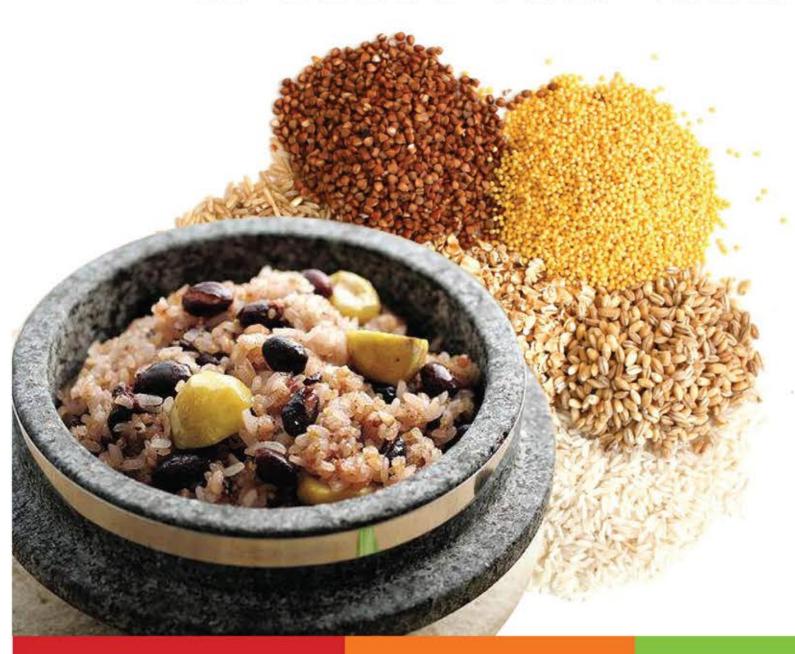


Superfood Whole-Grain to Boost Your Metabolism and Energy



Black Rice, Black Bean: Contains anthocyanin that have antioxidant, anti-inflammatory and antimicrobial properties.

Grains(Sorghum, Millet): Excellent source of fiber, antioxidants and protein. Helps lower blood cholesterol and risk of cardiovascular diseases.

Barley: Rich in vitamins, minerals and other beneficial plant compounds that boost energy and support your immunity.

Perilla: Contains high level of linoleic acid which has antibacterial and anti-inflammatory qualities.

5 Colors of Fruits and Vegetables for Your Health



RED FOOD

Improves circulations

and promotes heart

health. Contains anti-

oxidants that reduce

inflammation and pro-

mote overall health.

Excellent source of vitamin C and beta-carotene, which can boost the immune system and help build healthier bones.

YELLOW FOOD

Apple, Tomato, Strawberry, Red Bell Pepper, Beet
Pumpkin, Sweet Potato, Orange, Clementine, Pineapple, Carrots



GREEN FOOD

Contains chlorophyll which stimulates the immune system and energizes the body. It also helps detoxify the body and protect the liver.

Dark Greens Vegetables, Beans, Cucumber, Celery



PURPLE FOOD

Rich in antioxidant called anthocyanin which help lower inflammation and protect your cell from damage. It can also help prevent age-related decline in the nervous system.

Blueberry, Eggplant, Purple Sweet Potato



WHITE FOOD

Contains phytonutrients that ward off bacterial or viral infection and reduce risks of chronic diseases.

Garlic, Onion, Radish, Balloon Flower Roo