



White	Yellow	Red	Purple	Green
Immune system support	Healthy heart	Healthy heart	Healthy heart	Healthy heart
Diabetes improvement	Healthy gut	Healthy gut	Healthy gut	Diabetes improvement
Lowers cholesterol	Immune system support	Healthy blood vessels	Healthy blood vessels	Immune system support
Decreases allergies	Eye protection	Skin protection	Improves memory	Cancer protection
Healthy weight maintenance	Cancer protection	Diabetes improvement	Cancer protection	Enhances gene expression
Reduces inflammation	Reduces inflammation	Builds muscle mass	Immune system support	
Cancer protection	Skin protection			

Hungry for more?
Visit <https://go.ncsu.edu/phytomedicine>