



PURPLE POWER



These purple beauties contain purple and blue anthocyanins. In plants, these potent antioxidants act as sunscreen, protecting foliage and fruit from intense heat and light. In humans, anthocyanins help control blood cholesterol levels and keep our blood vessels supple. In combination with vitamin C or A, anthocyanins improve visual acuity, bolster blood circulation to the eyes, and protect retinal tissue.



Purple Power vegetables all contain antioxidant compounds that protect your body from the damaging effects of free radicals. The pigments that give color to these luscious, purple-tinged foods most specifically protect your blood vessels, cartilage, tendons and ligaments from damage. Plus, they all taste great!



www.loghouseplants.com

