

Pronounced "fight-o-chemicals," phytochemicals fight to protect health. Phyto is the Greek word for plant and phytochemicals are usually associated with plant pigments. More than 900 individual phytochemicals have been identified in plants with more to come.

Benefits of a diet high in phytochemicals:

- May help slow the aging process
- Reduces the risk for:
 1. cancer
 2. heart disease
 3. stroke
 4. high blood pressure
 5. cataracts
 6. osteoporosis
 7. urinary tract infections



The Power of Phytochemicals

Common Sources:

- Apples
- Blueberries
- Broccoli
- Cherries
- Kiwi
- Grapes
- Spinach
- Strawberries
- Tomatoes

***Another Good Reason to Eat 5-9 Servings
of Fruits and Vegetables Every Day!***



For more information go to www.spectrumhs.com and click on Health and Medical Resources.