

# Blues

## Health and Nutrition Benefits



Berries contain chemical compounds that occur naturally in plants and help combat certain cancers, protect heart health, aid the body against the aging process, and protect memory from neurodegenerative diseases like Alzheimer's and Parkinson's.

North Carolina State University's Plants for Human Health Institute (PHHI) has researched blueberries, black currants, blackberries, black chokeberries, concord grapes, muscadine grapes, Alaskan wild berries, and maqui berries. Our research has shown that each berry possesses their own specific health attributes and genetics. These berries have been shown to play a vital role in diabetes management, metabolism, heart disease, gut health, and inflammation.