

Reds

Health and Nutrition Benefits



Two plant compounds responsible for the red pigment in fruits and vegetables are anthocyanins and lycopene. Research shows that these compounds are effective in protecting against cancer, heart disease, age-related illnesses, chronic inflammation, osteoporosis and diabetes.

North Carolina State University's Plants for Human Health Institute (PHHI) has researched raspberries, tomatoes, watermelon, cinnamon, cranberries. Our research has also shown that watermelon has the capabilities to reduce the effects of extensive exercise, and provides vitamins A and C, potassium and citrulline (non-essential amino acid) and the carotenoid lycopene, both of which have the ability to lower blood pressure and blood sugar levels.