

# What You Need to Know About **BLUEBERRIES**

Blueberries remain one of the most nutritious, antioxidant-rich types of fruit in the world



## **BENEFITS**

- 1** High in Antioxidants
- 2** Help Fight Cancer
- 3** Amp Up Weight Loss
- 4** Boost Brain Health
- 5** Alleviate Inflammation
- 6** Support Digestion
- 7** Promote Heart Health

Source: NCBI