

# TOP 6 BENEFITS OF RASPBERRIES

**Dr. Axe**  
FOOD IS MEDICINE



## 1. **Boost Heart Health**

The anthocyanin in raspberries provide anti-inflammatory benefits that boost heart health and improve blood flow.

## 2. **Help with Weight Loss**

The phytonutrients in raspberries help increase metabolism.

## 3. **Can Help Manage Diabetes**

The anthocyanin in raspberries provide anti-inflammatory benefits that boost heart health and improve blood flow.

## 4. **May Help Prevent Cancer**

The ellagic acid and anthocyanin have both shown anti-tumor and chemopreventive properties.

## 5. **Ease Arthritis Pain**

Raspberry polyphenols are anti-inflammatory and have been shown to reduce the symptoms and severity of arthritis.

## 6. **Fight Aging**

As a high-antioxidant food, raspberries fight free radicals and the effects of aging.