



BENEFITS OF BERRIES

RawForBeauty.com

- **antioxidant**
- **protects your body against inflammation and free radicals**
- **prevents arthritis**
- **help slow age-related memory-loss**
- **rich in vitamin c**
- **contains fiber and folate**
- **reduces the risk of arthritis, cataracts, and macular degeneration**
- **helps lower cholesterol and blood pressure**
- **protects against cardiovascular disease**
- **improves your mood**
- **great for losing weight**