



Finally!
A prescription with
side effects you *want*.



Blueberries and *red beans*, just a few of the many foods rich in antioxidants, are powerful remedies in the fight against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and even improve survival rates. A healthy plant-based diet can lower your cholesterol, increase your energy, and help with weight loss and diabetes. Fill this prescription at your local market and don't forget—you have unlimited refills!

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For a *free* nutrition booklet with cancer-fighting recipes,
call toll free 1-866-906-WELL or visit www.CancerProject.org