

## ANTICANCER NUTRACEUTICALS

NUTRACEUTICALS	... THESE FOODS
CAPSAICIN	PEPPER FRUIT
GENESTEIN	SOY PRODUCTS
DAIDZEIN	LEGUMES=BEANS
CLA	BEEF & DAIRY
LACTOBACILLUS ACI-DOPHILUS	YOGURT & DAIRY
DIALLYL SULFIDE	ONIONS,GARLIC
ELLAGIC ACID	GRAPES,STRAW-BERRIES,RASBER-RIES,WALNUTS
LIMONENE	CITRUS
LUTEIN	EGGS
CARNASOL	ROSEMARY
CURCUMIN	TURMERIC
ALPHA-TOCPHEROL	NUTS,WHEAT GERM,AVOCADO

## BONE PROTECTIVE NUTRACEUTICALS

NUTRACEUTICALS	... THESE FOODS
CLA	DAIRY,BEEF
GENESTEIN	SOY PRODUCTS
DAIDZEIN	LEGUMES=BEANS
CASEIN	DAIRY
FOS	FRUIT
INULIN	GRAINS,ONIONS GARLIC

## FOODS *for* LIFE

