



## **The Power of Peppers!**

### ***Rich in Essential Vitamins***

Sweet peppers, particularly the red and yellow varieties, are a robust source of essential vitamins, including vitamin C, vitamin A, and vitamin B6. These vitamins play a pivotal role in supporting immune function, maintaining healthy skin, and promoting optimal brain health.

Source: Journal of the Science of Food and Agriculture  
<https://onlinelibrary.wiley.com/doi/full/10.1002/jsfa.7538>

### ***Antioxidant Powerhouse***

Sweet peppers boast an impressive array of antioxidants, such as carotenoids and flavonoids. These compounds serve as powerful scavengers of free radicals, protecting cells from oxidative stress. This antioxidant-rich profile contributes to a reduced risk of chronic diseases, including heart disease and certain cancers.

Source: Advances in Nutrition <https://academic.oup.com/advances/article/11/4/864/5815665>

### ***Supports Eye Health***

With vibrant colors like orange and yellow, sweet peppers are rich in carotenoids, including lutein and zeaxanthin. These carotenoids are known to support eye health by reducing the risk of age-related macular degeneration (AMD) and promoting overall vision health.

Source: American Journal of Clinical Nutrition [<https://academic.oup.com/ajcn/article/101/3/646/4564525>]