

# Lancaster Farming

Ephrata, Pennsylvania

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## Blueberries May Prevent Colon Cancer

**VANCOUVER – B.C. –** Re-searchers from Rutgers University and the U.S. Department of Agriculture suggest that a compound in blueberries may be good for preventing colon cancer. The key ingredient found in blueberries, pterostilbene, is a natural antioxidant and mops up highly reactive molecules called free radicals that can trigger cancer growth.

Another USDA study ranks blueberries as number 1 in antioxidants when compared to 40 other

fruits and vegetables. In addition to fighting cancers and heart disease, studies have shown that blueberries also lower cholesterol, slow down the aging process and improve eyesight, coordination and balance.

Since you can't always get fresh blueberries, Leading Brands, a premium beverage company developed TrueBlue blueberry juice so you and your family can receive all the health benefits of blueberries year round.

TrueBlue Blueberry Juice is an all natural product that is

lightly sweetened with cane sugar. With 25 percent fewer calories per serving than most cranberry-based products, TrueBlue is also a preferred dietary choice for health conscious consumers. Each 16-ounce bottle of TrueBlue blueberry juice has as much juice as a full serving of fresh blueberries and is available in six flavors. For more details visit [www.trueblueberry.com](http://www.trueblueberry.com)