

30 different antioxidants



RED PEPPERS

Contain **30** different antioxidants.



Red Peppers are some of the most nutrient-dense vegetables you can eat.



Roasted red peppers are a good source of potassium, a mineral many of us are lacking. Getting enough is associated with a decreased risk of stroke.



Capsaicin

Capsaicin is what gives peppers their heat and offers health benefits. It's anti-inflammatory and a source of vitamin A and E, which neutralize free radicals in our bodies.



clevelandclinic.org/loveyourheart

© 2015 Cleveland Clinic