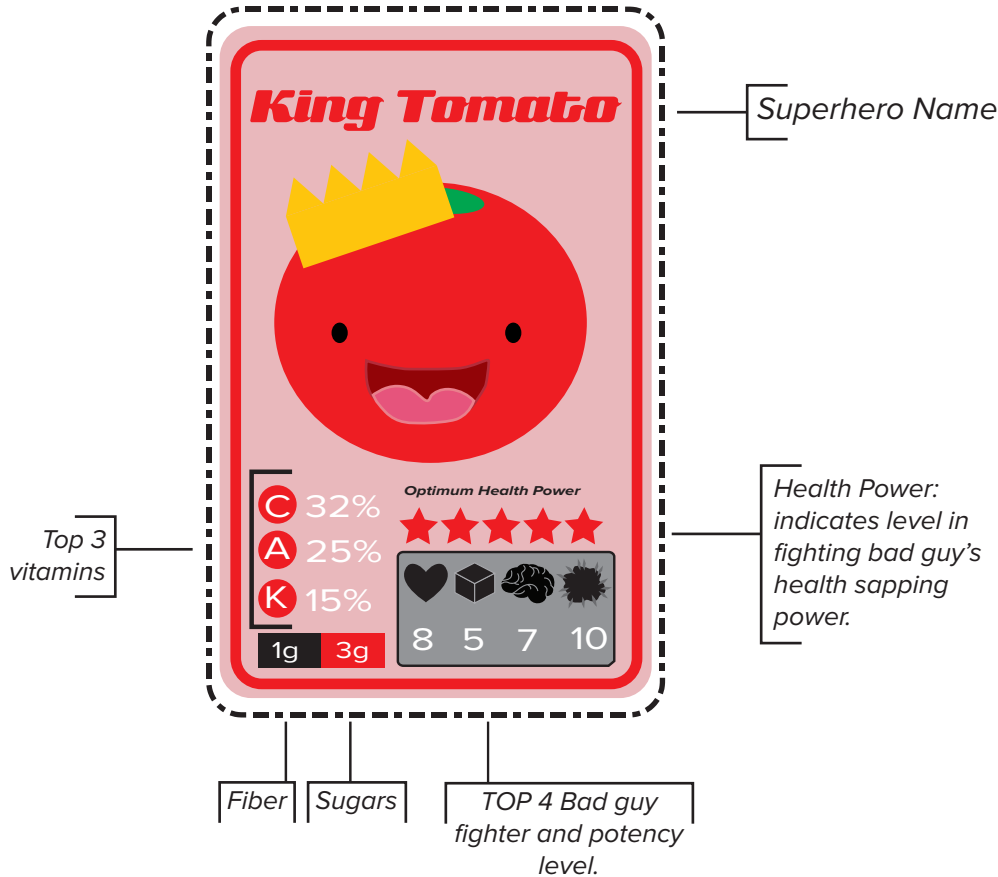


# The Rainbow Superheroes



## VITAMIN OVERVIEW

- A** Vitamin A is key for good vision, a healthy immune system, and cell growth.
- B<sub>6</sub>** Vitamin B6 is used for treatment of anemia, heart disease, dementia, hyperactivity, and allergies.
- C** Vitamin C is used for treatment of a cold, heart disease, eye disease, wrinkles, and overall immune health.
- Ca** Calcium is important for building strong bones and teeth, nerve signals, and blood clotting.
- D** Vitamin D is needed to help absorb calcium and can help prevent muscle cramps and pain.
- E** Vitamin E is key for a strong immune system, healthy skin and strong eyes.
- Fe** Iron is a key mineral is transporting oxygen from blood cells. It is used to treat anemia and ADHD.
- K** Vitamin K is used to help the blood clot or get thicker and is helpful in treating burns and bruises.
- M** Magnesium is used to treat constipation, acid indigestion, heart disease, ADHD, asthma and diabetes.

\*content information from WebMD

# The Bad Guys



Cruddy Cancer is what happens when the cells in your body mutate and grow. He can grow almost anywhere.



Devilish Dementia is what happens when your brain is not at its best. He makes you start forgetting.



Dangerous Diabetes effects your body's ability to digest sugar. Limiting sweets helps keep him away.



Hateful Heart Disease goes straight for the heart and can lead to strokes and heart attacks. Watch out for high blood pressure!



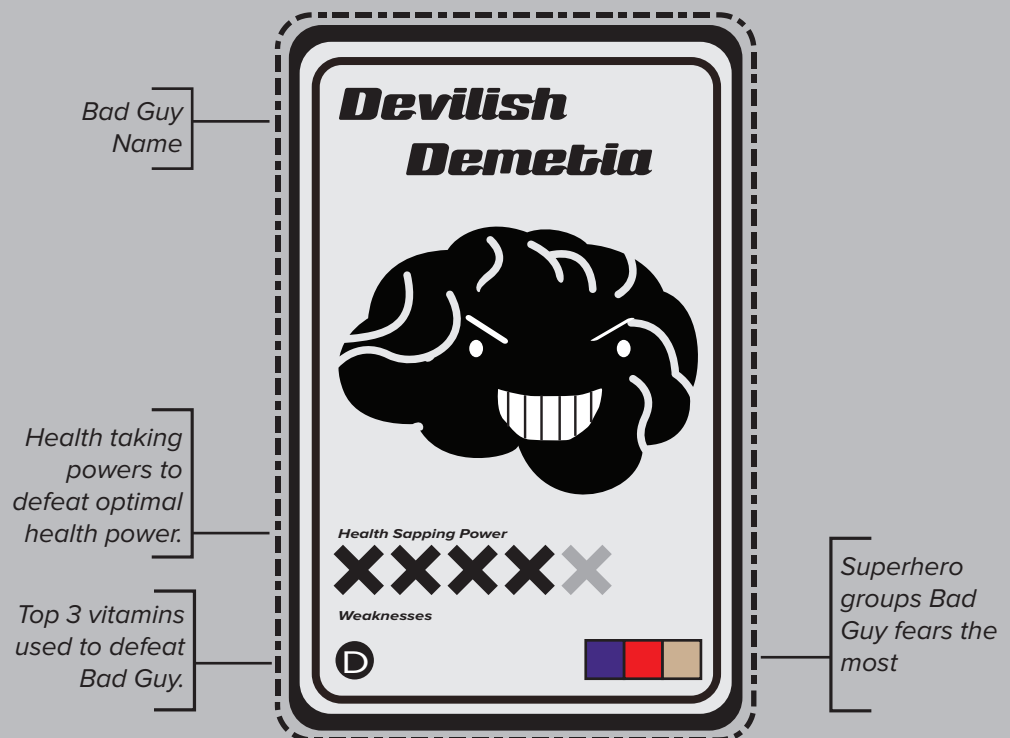
King Constipation often happens when you don't drink enough water or eat enough fiber. Ouch!



Overactive Oscar is what happens when your body is restless and you cannot sit still or sleep at night. He makes paying attention hard.



Awful Asthma attacks the airways in your lungs and makes breathing hard. Cold weather and air pollution power him up.



# How to Play

## Players

2- 4 Players

## Objectives

Be the first to battle and collect 3 Bad Guy cards.

## Set Up

1. The Bad Guy and Superhero cards are separated.

2. The Bad Guy deck is placed in the center of the playing field face down. The first card is then turned face up.

3. Each player receives 5 cards. No more than 2 self made cards (see Make Your Own directions for details).

4. If Make Your Own cards are being provided, the group must first review and agree to stats on the card.

## Procedures

1. Simultaneously each player puts down a card that will beat the Bad Guy and place it face down on the field.

2. Once all cards are placed on the field they are turned face up simultaneously.

3. Using the "Battle Hierarchy", the player with the most powerful card collects the Bad Guy and adds him to his collection.

4. In case players placing duplicate cards, each player place a new card on the field and the game continues.

5. At the end of the round, new cards are drawn from the deck.

## Sample Round & Set Up:

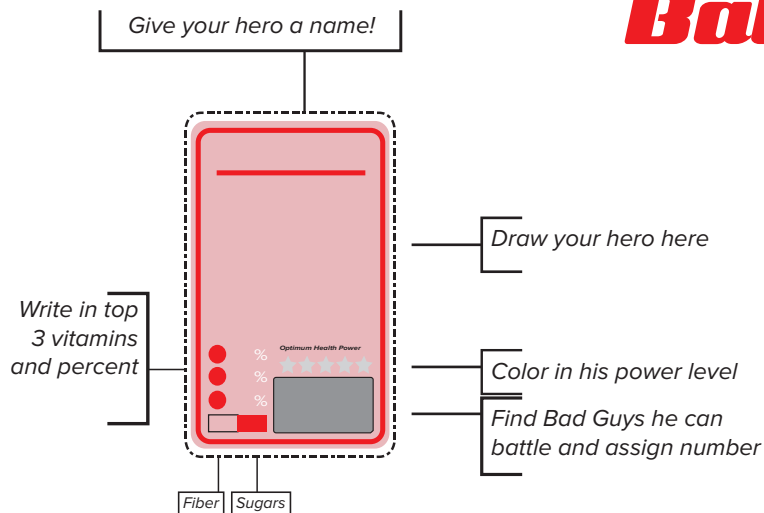


**\* Player 2 wins this round.**  
All players have 5 stars

Player 2 has **Asthma 6**.

Other players have no asthma fighters

## Make Your Own



## TIPS!

When looking for statistics for your hero make sure to use a good source. Try one of these:

- [www.usda.gov](http://www.usda.gov)
- [google.com](http://google.com)

Get your Optimal Health Power from:  
• [nutritiondata.self.com](http://nutritiondata.self.com)

## Battle Hierarchy

