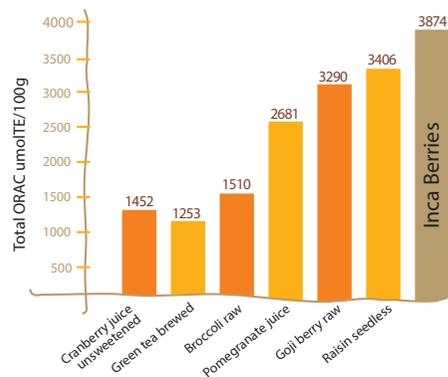


## some berry good facts

Inca Berries' ORAC rating (the measurement of antioxidant capacity) has been shown to surpass those of many well known superfoods such as goji berries, pomegranates, green tea, and cranberries. Inca Berries also have more than double or triple the dietary fibre of most dried fruits.

### antioxidant levels of known superfoods



## how to enjoy dried golden inca berries?

Eat them out of the bag! Instead of munching on unhealthy snacks that are processed and contain refined sugars, artificial colours and flavours, dried Inca berries make a much healthier snack that gives a natural energy and antioxidant boost for the day.

Add to yoghurts, salads, chocolate desserts. The berries taste amazing with chocolate!

Recommended daily serving: about 45g (¼ cup)  
Keep in cool, dark, dry place.

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## nature's superfoods' dried golden inca berries

Nature's Superfoods' Dried Inca Berries hail from Peru. It takes approximately 6 kg of fresh Golden Inca Berries to produce 1kg of dried berries. They are certified organic (USDA & EU), raw, unsweetened, no preservatives or additives. Gluten-free.



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# organic & raw dried golden inca berries

"the Andean superberries"

BOTANICAL NAME:  
*Physalis peruviana* L.

Other names: Golden Berry, Cape Gooseberry, Peruvian Gooseberry



Nature's Superfoods brings to you another lost crop of the Incas. The orange-yellow berries, grown on the Andes of Peru, are jam packed with beta carotene (provitamin A) and bioflavonoids (vitamin P), which has anti-inflammatory and antioxidant benefits. These native Andean berries are also high in protein, B vitamins, potassium, phosphorus and pectin (a type of dietary fibre).

Golden Inca Berries are generally considered as the Goji Berries of South America in terms of nutrient profile. Very few know that Inca Berries actually surpass Goji Berries in terms of antioxidant and dietary fibre levels. Dried Inca berries have a memorable sweet and sour tangy taste – that sour burst

is most definitely vitamin C! These golden berries are great for a healthy mid-morning or afternoon snack. Be warned that once you've started eating them you won't be able to stop!

## health benefits

○ Inca berries boast a high level of super-antioxidants called bioflavonoids, also known as Vitamin P. Studies on Vitamin P have demonstrated anti-inflammatory, anti-viral, anti-histamine, anti-carcinogenic and antioxidant properties. Vitamin P enhances the absorption of Vitamin C to promote healing and protect the structure of blood capillaries. Furthermore,

Vitamin P stimulates bile production, lowers cholesterol levels, improves circulation, helps prevent cataracts and has anti-bacterial effects.

○ The high levels of pectin (a soluble dietary fibre) in Inca berries help improve digestive health, lower cholesterol (especially LDL), and keep the blood sugar level within control.

○ Inca Berries support good energy levels and mental alertness due to Vitamin B12 content. This exotic berry is one of the few fruits to have a complete range of B Vitamins, including B12—which is difficult to find in plant form.