

### ○ Improve Blood Circulation & Prevent Anemia

The high levels of iron contained in mulberries can significantly boost the body's production of red blood cells and thus, increase the distribution of oxygen to important tissues and organ systems. A great food to consume for those suffering from anemia and poor blood circulation.

### ○ Improve Digestion & Metabolism

Dried white mulberries have good levels of dietary fiber which help improve digestion. One (1) serving (about 28g or a handful) of dried mulberries provide almost 10-15% of your daily fiber needs.

Dried White Mulberries are also rich in B-complex group of vitamins (good amounts of vitamin B6, niacin, riboflavin and folic acid) and vitamin K. These B vitamins aid in the metabolism of carbohydrates, protein, and fats in the body.

### ○ Help Protect Liver (from Fatty Liver Disease)

Some studies have shown that Resveratrol (which is present in good amounts in Dried Mulberries) may improve the condition of non-alcoholic fatty liver disease.

## how to enjoy sun-dried white mulberries?

Eat them out of the bag! Instead of munching on unhealthy candied snacks that are processed and contain added sugars, artificial colours and flavours, sun-dried White Mulberries make a much more healthful snack that gives a natural energy and antioxidant (plus anti-aging!) boost for the day.

Add to yoghurts, salads, raw chocolate desserts. These berries taste amazing with our Dried Inca Golden Berries !

Recommended serving: about 28g (a handful)

Keep in cool, dark, dry place.

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## nature's superfoods' sun-dried white mulberries

Nature's Superfoods' Dried White Mulberries hail from Turkey. They have been sun-dried to optimise their natural sweetness.

Certified organic (ECOCERT), raw, unsweetened, no preservatives or additives. Gluten-free. Low GI.



For wholesale or retail enquiries,  
please call

Actspand Pte Ltd  
12 Arumugam Road,  
#03-09/10,  
Lion Building B,  
S(409958)

Tel: 6841 5476

Email: trading@actspand.com

Web: www.actspand.com  
www.naturesuperfoods.sg

# organic & raw sun-dried white mulberries

the Turkish  
superfruit

BOTANICAL NAME:  
*Morus alba*

Other names: Sang Shen  
(Traditional Chinese  
Medicine)



Sun-Dried White Mulberries



Fresh White Mulberries

## health benefits

Grown organically on the fertile plains of Turkey, these sun-dried White Mulberries are a delicious naturally sweet treat for superfoodies.

In Traditional Chinese Medicine, Mulberries have been used for thousands of years as a 'cooling' herb to remove excessive heat and toxins from the body, as a blood tonic (improves blood circulation and increases production of red blood cells), and as a medicinal agent for many other health conditions.

Dried mulberries contain less than half the amount of intrinsic sugar found in raisins and significantly less than dried figs, cranberries, or dates! So there's no need to be concerned about its sweetness or calorie level. As usual, moderation is key.

### ○ Boost Immune System

Mulberries contain alkaloids that activate macrophage white blood cells that stimulate the immune system and are anti-inflammatory in nature. Dried mulberries also contain good levels of flavonoids and vitamin C which make them natural immune boosters and good for preventing common ailments such as flu and cold.

### ○ Good for the Heart with Anti-Aging Benefits

Mulberries are rich in a myriad of antioxidants. Antioxidants help combat free radical damage that is linked to premature aging and chronic illnesses. The main antioxidants in mulberries are *Anthocyanins*

and *Resveratrol*, two well-known anti-aging nutrients. Like anthocyanins, resveratrol helps rejuvenate skin by promoting collagen production and protecting against free radical damage.

Some studies have shown that Resveratrol (known also as the longevity antioxidant) has the potential to promote heart health (by protecting the inner lining of your arteries from oxidative free radical damage- keeps your blood flowing), protect against stroke risk, slow aging, help combat high blood pressure/hypertension, and prevent cancer.