

nature's superfoods' organic camu camu berry powder

Ever wonder about the high prices of Camu Camu berry powder? Well, the Camu Camu tree, grown in the Amazon rainforest of Peru, takes quite a number of years for them to be mature enough to bear fruit; you might want to know that it takes 25kg of Camu Camu berries to produce just 1kg of dried camu berry powder. That's 25 times the concentration of the original nutrition. Dried and milled at low temperatures (raw), with no added additives, preservatives, or sweeteners. Nature's Superfoods' Camu Berry Powder is just pure Camu Camu berry - a whole food in its full-spectrum natural form, that means your body can absorb the nutrients much more effectively than it will absorb any synthetic Vitamin C supplement.

Certified Organic USDA and EU. Raw. Vegan. Gluten-free.



how to enjoy raw camu camu berry powder?

Try our Raw Organic Camu Camu Powder mixed into smoothies, fruit juices or sprinkle on top of yogurt and granola.

Recipe: Blend 1 tsp of Camu berry powder (or less) with freshly squeezed orange juice, strawberries and banana for a Vitamin C-bomb smoothie!

Recommended serving: 2g or ½ tsp for approximately 250mg of natural Vitamin C.



You can mask the sourish, slightly bitter taste of camu-camu powder with citrusy fruit juices or desserts with strong flavors.

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organic & raw camu-camu berry powder

ultimate vitamin C superfood

camu-camu berries



camu-camu
berry powder

An heirloom anti-oxidant rich Inca crop – the Camu Camu fruit. Hailing from the Amazon rainforest of Peru, it has the highest recorded amount of natural vitamin C complex known on the planet (an astounding 30-50 times more Vitamin C than oranges when compared by weight).

On top of that, as compared to oranges by weight, Camu Camu berries have 10 X more iron, 3 X more niacin (vitamin B3), twice the riboflavin(vitamin B2) and 50% more phosphorus.

The Camu Camu berry, being a very sour, acidic fruit, has traditionally been made into a juice by the people of the Amazonian rainforest to support the immune system, fight viral infections, and maintain healthy eyes, skin and gums.

difference between natural Vitamin C complex and synthetic/ isolated Vitamin C

What about taking isolated or synthetic Vitamin C (ascorbic acid) supplements with the same amount of Vitamin C content? Do isolated Vitamin C supplements provide the same benefits?

NO, THEY DON'T.

Vitamins are not isolated

individual compounds. They are biological complexes- a vitamin activity only takes place when all co-factors and components of the entire vitamin complex are present and working together. Think of your hand or any of your limbs; it can only function when it is attached to your body under proper conditions, not on its own.

It is better to consume natural vitamins through whole food sources (foods that are natural/not processed or minimally processed with no additives—like berries, oranges, red peppers, etc), as Nature intends it to be. Whole-food source vitamin C, for example, always comes in one package with

complementary components like bioflavonoids (vitamin P), rutin, mineral co-factors etc. which work synergistically with Vitamin C for optimal absorption and benefits in our body. This complex package is often missing in synthetic ascorbic acid supplements. Synthetic vitamins are not well recognized by the human body but whole foods are as that is the natural way your body gets nutrition.

Nature's Superfoods' Organic & Raw Camu Camu berry powder is a whole food in its full-spectrum natural form, so your body can absorb and benefit from the nutrients much more effectively than it will absorb any synthetic supplements.



Woman harvesting camu camu from canoe.

abdominal pain.

most of us living in modern busy societies find it challenging to consume enough fruits and raw vegetables to meet the recommended intake of 5 servings. In Asian countries especially, most vegetable dishes are cooked which means that the Vitamin C (as Vitamin C degrades with heat) in these vegetables is reduced.

Just 1 teaspoon or 4g of Organic Camu Camu berry powder provides about 200mg of natural Vitamin C complex! Camu Camu berry powder is an excellent & convenient way of topping up your daily requirements of whole-food source natural Vitamin C complex.

Elderly people have a higher requirement of vitamin C as cellular uptake of vitamin C declines with age, according to the Linus Pauling Institute.

Consuming large doses of vitamin C (>2000mg) in one sitting is not advisable because our bodies can only absorb about 250 to 500 mg of vitamin C at one time—anything more is excreted in urine. Large doses of Vitamin C may cause nausea, diarrhea and



camu-camu plant

how much Vitamin C do I need daily?

The RDI (recommended daily intake) by the U.S. Institute of Medicine is 75 mg/day (women) to 90 mg/day (men) for healthy non-smoking adults for the prevention of deficiency diseases like scurvy.

The Linus Pauling Institute (USA) recommend a daily minimum intake of at least 400 mg in order to achieve the optimum benefits of vitamin C in young, healthy nonsmokers (smokers have a higher requirement of Vitamin C).

To put the above 400mg amount in perspective, the consumption of 5 daily servings of fruits and raw uncooked vegetables may provide 200-300 mg of vitamin C. In general,

health benefits

○ Protects against cancer and heart problems – Camu Camu is rich in both natural (not synthetic) Vitamin C and a good variety of flavonoids, which are potent antioxidants that prevents free radical damage to body cells.

○ Supports peak mental function –helps protect your brain against oxidative damage and neurodegenerative disorders such as dementia or Alzheimer's. Improves mental clarity, sometimes within minutes after consuming. Being neuro-protective, Camu

Camu powder helps reduce the incidence of migraines (along with the removal of aspartame and MSG from your diet)

○ Supports skin health – an adequate daily amount of dietary natural Vitamin C is essential for collagen formation which helps reduce skin wrinkling.

○ Strengthens immune system against viruses – fight cold and flu viruses. Camu Camu berry powder has strong anti-inflammatory and anti-viral properties for example against herpes virus.

This potent superfood can help prevent atherosclerosis, or the buildup of plaque in the arteries.

○ Protects the nervous system including brain and eyes. Camu camu is well known to protect against age-related eye diseases like cataracts and macular degeneration.

○ Balances mood as Camu camu reduces levels of the stress hormone cortisol and increases serotonin levels in the brain. It is known as an antidepressant.