

FRUIT ANTIOXIDANT COMPARISON

Maqui Berry has the **highest** ORAC value (a measurement of antioxidant capacity) compared to any fruit currently known on the planet.

Fruit	H-ORAC umole TE/g
1. Maqui	276
2. Acai	167
3. Elderberry	145
4. Pomegranate	105
5. Blueberry	65

(This Data was collected from USDA ORAC Report dated Nov. 2007 and Independent Lab Reports from Brunswick Laboratories MA.)

Note: Store the powder in original packaging (tightly sealed with minimal air in pouch) in a cool, dark, dry place. Best refrigerated.

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Whole Maqui berries of Patagonia, Chile, go through a freeze-drying process to produce **Nature's Superfoods Maqui Berry Powder**. There are no added carriers, preservatives, or sugars, making it 100% natural. The powder contains high levels of Anthocyanins (particularly Delphinidins).

ORAC:57,680 Umoles TE/100g
Total polyphenols:
6,554mg EAG/100g
Total Anthocyanidins:
31.57 mg/g

Certified organic with USDA and Control Union EU. Gluten-Free. Vegan. Available in 60g packs.



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organic & freeze-dried

maqui berry powder

The Ultimate antioxidant superberry



Botanical Name:
Aristotelia chilensis

We all know that blueberries, goji berries, raspberries, etc are healthful additions to our diet. Do you know the star antioxidant superberry amongst them all? Introducing.....Maqui Berries.

Grown wild in the pristine region of Patagonia, Chile, Maqui Berries have been consumed by the native Mapuche Indians as a fermented beverage for centuries, making them indomitable warriors, legendary for their strength and stamina. The intensely purple Maqui berries are tested to be **the most antioxidant-dense berries in the world** (ORAC score of 27,600 units /100 g), beating other more popular berries like acai berries, goji berries or blueberries to be crowned the king of superberries.

Health benefits

1. REDUCES RISK OF MODERN DEGENERATIVE DISEASES

Genetic conditions aside, all other degenerative diseases like *heart disease, cancer, obesity, diabetes and neuro-degenerative disease* are caused by chronic

inflammation in the human body due free radical damage. Free radicals are produced daily in our bodies via normal metabolic processes and exposure to environmental

toxins. Even more free radicals are produced when we ingest unhealthy oils, highly refined foods, or when we undergo emotional stress. Free radicals become a problem

when produced in excessive amounts.

The way to fight free radical damage is by consuming an antioxidant-rich diet daily. Maqui Berry Powder has exceptionally high levels of antioxidants called anthocyanins and polyphenols, which have **powerful antioxidant and anti-inflammatory properties** that can neutralize free radicals in our bodies, thus reducing the risk of these degenerative diseases.

2.GREAT SKIN FOOD-SLOWS AGING- Excessive free radicals in our bodies accelerates aging, wreaking havoc on our skin structure (by speeding up collagen

breakdown). Maqui Berry Powder provides a good dose of antioxidants to counteract these free radicals and prevent premature aging. In short, Maqui berry powder is **great for skin health!**

3. ANTI-DIABETIC EFFECTS & WEIGHT CONTROL- Consumption of maqui has been linked to an increase of insulin which suppresses blood glucose as well as prevent the development of new fat cells; along with the berry's thermogenic properties, Maqui Berry powder may **help in weight loss efforts.**

4. HELPS EASE JOINT PAIN - The anti-inflammatory effects of Maqui Berries

help reduce the expression of the COX-2 enzyme - one of the main enzymes that causes pain and connective tissue problems.

5. HELPS REGULATE CHOLESTEROL AND TRIGLYCERIDE LEVELS by decreasing LDL oxidation - cholesterol oxidation plays a part in the development of cardiovascular disease, including heart attack, stroke and the hardening of the arteries (atherosclerosis).

6. BOOSTS IMMUNE SYSTEM - The high level of antioxidants protect the body against foreign attackers and the effects of harmful free radicals.

More Health Benefits

Maqui Berry helps with **detoxification** by neutralizing free radicals and purging toxic build-up in the body. When the body detoxifies, an improvement of energy levels follows and the digestive system is able to function more effectively, leading to more effective weight control.

Maqui Berries are also known to be **good for eyes/vision** (due to high anthocyanin-delphinidin content)

We must emphasize, however, that effective weight loss involves a lifestyle change that incorporates both a balanced diet and a regular exercise routine. There is no shortcut to good health.

Quick-n-Easy Maqui Berry Powder Recipes

Freeze Dried Maqui Berry Powder tastes wonderful (with a mild grape/berry flavor) and can be mixed into water, juices, smoothies or any favorite drink.

You can also stir the beautiful purple powder through cereal, yogurt, desserts or just about anything. We do not recommend maqui berry powder for cooking or baking purposes as anthocyanins (the antioxidants in maqui berries) have been proven to be degraded by heat, oxygen access, pH increases and addition of sugar.

RECIPE 1 MAQUI BANANA CHIA SMOOTHIE

Ingredients

2-3 Bananas
2¼ Cups Almond Milk (or Coconut Milk)
1 Tbsp Nature's Superfoods' Maqui Berry Powder
1 Tbsp Nature's Superfoods' Chia Seeds

Directions

Blend together all the ingredients until smooth.

Makes 2 X 400ml servings.



The Mapuche Indians in Chile have historically consumed maqui berry (as a fermented beverage) for a variety of ailments including strength and stamina, blood sugar control, tumors, diarrhea, ulcer and fever.

Maqui Berries are also a good source of vitamin C, calcium, potassium, and iron.

