

Black Currants

Clinical trials with blackcurrants found that these berries improve eye function, including the eyes' ability to adapt to the dark.

Blackcurrants have a high concentration of:

Anthocyanins, polyphenolic substances, antioxidants, vitamin C, (Also A, B-5, B-6, B-1, E), and gamma-linolenic acid (GLA)

To help your:

blood flow, immune system, eye health, gut health, kidney health



Juneberries

Juneberries like green tea contain lots of polyphenol compounds which help to prevent DNA damage, and slow the aging process.

They have lots of:

- Vitamin A & C as a great antioxidants
- Vitamin K for clotting
- Vitamin E for sexual health and good skin
- B Vitamins for good mood and vitality
- Iron for anemia
- Calcium for strong bones
- Fiber for colon health promoting probiotic bacteria
- Magnesium and manganese for enzyme production and immunity

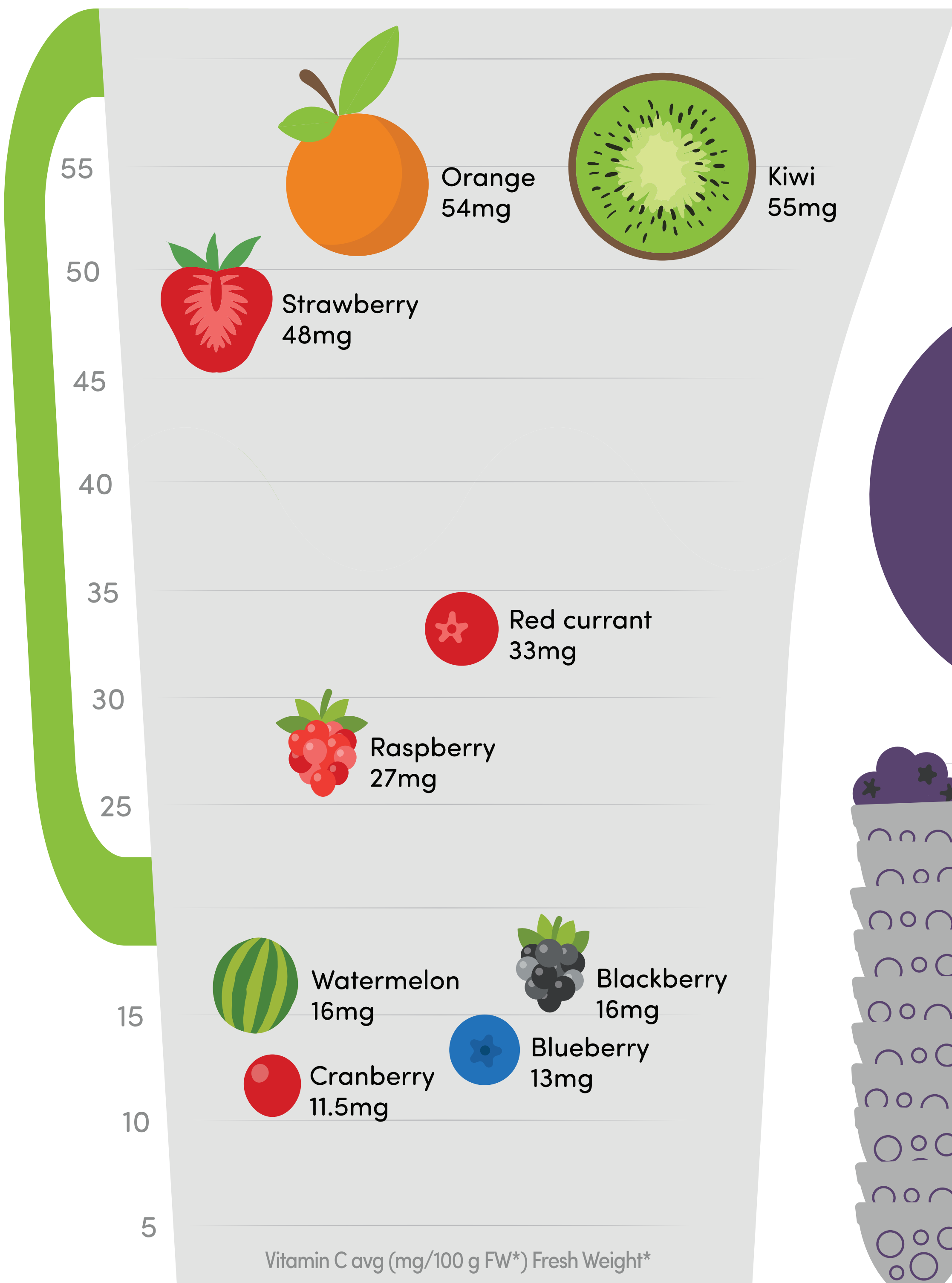
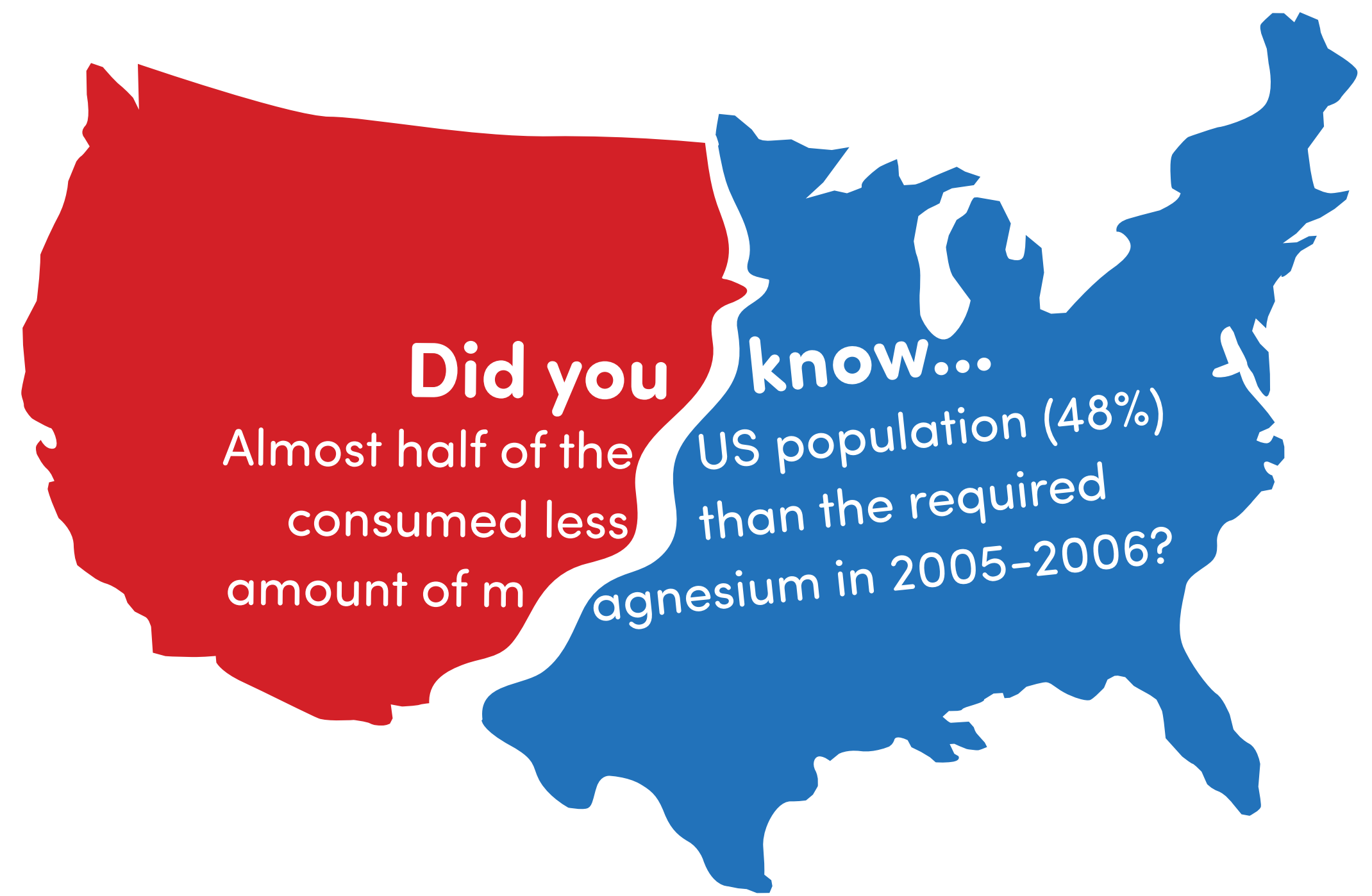
Fruit Facts



Honeyberries

108mg Vitamin C

These have anti-inflammatory properties, are good for the eyes, have inhibitory effects against colon cancer cells, and cardiovascular health benefits.



Aronia berries

16,000 ORAC units

These little berries come with several types of powerful antioxidants that may help prevent cancer and cardiovascular disease; in fact, they have the highest antioxidant capacity among other berries and any other fruit.

Oxygen
Radical
Absorbance
Capacity

