

Blueberry

- « Anti-diabetic properties »
- « Established antioxidant power »
- « Cancer cell growth inhibitor »
- « Antibiotic and anti-viral properties »
- « Eye and retinal degeneration protection »



Scientific review

Wild Blueberry

It is now well known that some fruits and vegetables can help in the prevention of cardiovascular, inflammatory and chronic diseases such as diabetes. They can also prevent bacterial and viral infections.

A diet rich in antioxidant and phenol compounds is a natural approach that helps prevent the development of illnesses. The antioxidants have the ability to inhibit the cancer cell growth at an early stage.

Nutra Canada extracts are natural, accessible and affordable. They are a great solution to increase bioactive compounds intake and benefit from their protection.

Wild Blueberry health benefits

Blueberry has a very strong antioxidant power (ORAC : 6552 $\mu\text{molTE}/100\text{g}$). It is proven that blueberry juices and extracts have the ability to inhibit cancer cell growth at an early stage and can prevent the development of cancer. Studies show positive results for the following cancers: stomach, prostate, intestine, breast, liver and mouth. The ursolic acid isolated from blueberries has an inhibitor effect on leukemic cells growth.

Blueberry's flavonoids offer protection against oxidation and inflammation of blood vessels, two factors involved in the cardiovascular diseases. The flavonoids also provide protection against urinary tract infections by disabling *Escherichia coli* adhesion to mucous membranes.

Studies have shown that blueberry extracts have anti-diabetic properties.

The blueberry juice consumption allows a significant reduction of damages caused by the blood cells oxidation. The blueberry consumption had increased the blood cells resistance to free radicals and oxidative stress.

**«Wild Blueberry: A small berry
that offers a lot!»**

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Anti-diabetic properties

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Established antioxidant power

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Blueberry

Compound	Concentration
Protein (mg/100g)	0,74
Fat (mg/100g)	0,33
Carbohydrate (mg/100g)	14,49
Fibre (mg/100g)	2,6
Vitamin	
Vitamin C (mg/100g)	9,7
Vitamin E (mg/100g)	1,0
Mineral	
Potassium (mg/100g)	77,0
Calcium (mg/100g)	6,0
Magnesium (mg/100g)	6,0
Iron (mg/100g)	12,0
Phenolic compound (mg/g)	2,80
Anthocyanins (mg/g)	3,6 ²





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