

## Strawberry

« **Cardiovascular risk reduction** »

« *Antioxidant power* »

« *Cancer cell growth inhibitor* »

« *Orleans strawberry ; a nutraceutical fruit with higher antioxidant concentration compared to standard strawberries.* »



## Scientific review

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.

## Orleans strawberry

Orleans strawberry is a nutraceutical fruit ecologically and exclusively grown for Nutra Canada on Orléans Island, near Quebec City. The Orleans has higher antioxidant concentration compared to standard strawberries.

### Strawberry health benefits

The amount of phenolic compounds found in strawberry provides a good antioxidant power (ORAC: 3577  $\mu\text{molTE}/100\text{g}$ ). Strawberry extracts have inhibited cancer cell growth from various types of cancers: breast, brain, oesophagus, liver, lungs, mouth, prostate and intestine. The strawberry juice is an inhibitor of mutations caused by carcinogenic agents.

Studies have shown a major LDL cholesterol oxidation and would have a positive impact on cardiovascular health. Strawberry extracts have anti-inflammatory properties and they offer neuron protections against oxidation.

Strawberries consumption increases considerably the antioxidant serum capacities. It also increases the folate level; an indispensable agent involved in the DNA and blood cells formation.

«*Strawberry, a nutraceutical fruit to discover!*»

## Average strawberry composition

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## Cardiovascular risk reduction

### Antioxidant power

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### Cancer cell growth inhibitor

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Compound	Concentration
Protein (mg/100g)	0,7
Fat (mg/100g)	0,4
Carbohydrate (mg/100g)	7,0
Fibre (mg/100g)	2,0
<b>Vitamin</b>	
Vitamin C (mg/100g)	60,0
Vitamin E (mg/100g)	0,2
<b>Mineral</b>	
Potassium (mg/100g)	152,0
Calcium (mg/100g)	20,0
Magnesium (mg/100g)	12,0
Iron (mg/100g)	0,4

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