



B E R R Y F A C T S

Wild Blueberry

- Naturally grown in Maine, Atlantic Canada and Quebec, wild blueberries are harvested between July and early September
- These berries are “wild” because they are naturally occurring stands and are a mixture of many plant varieties that differ in size, color and complex flavors.
- Wild blueberries are about 1/3 size of their cultivated cousins and are the lowbush variety growing 4”-12” high.
- A staple in Native American diets and canned for soldiers during the Civil War.
- Available in stores as frozen, juice, dried and canned.

Health Benefits

- Wild Blueberries are rich in flavonoids and phenolic compounds which account for high levels of antioxidants and anti-inflammatory properties.
- Anthocyanins, the phytochemical compounds responsible for the wild blueberry’s intense blue color, are powerful antioxidants.
- Scientists are studying how antioxidant-rich wild blueberries may help combat disease and promote healthy aging.
- Potential benefits include: brain health, cancer prevention, heart health, urinary tract health, and vision health.
- Heart health: research indicates that wild blueberries may protect against heart disease and damage from stroke.
- Brain health: ongoing research shows wild blueberries may improve motor skills and reverse short-term memory loss that occurs with aging and age-related diseases such as Alzheimer’s.
- Cancer prevention: studies show wild blueberry compounds may interfere with all stages of cancer development.
- Urinary tract health: wild blueberries, like cranberries, contain compounds that prevent bacteria responsible for urinary tract infections from attaching to the bladder wall.
- Wild blueberries are a good source of fiber and excellent source of manganese, a compound important in multiple enzyme pathways.
- Total antioxidant capacity of 1 cup of wild blueberries is 13,400 micromoles of Trolox Equivalent. (92/g) as measured by the ORAC assay.



Nutrition Information

*1 cup, whole berries
(140g)*

Calories	63
Total fat	.25g
Protein	0g
Dietary Fiber	6g
Carbohydrate	18g
Vitamin C	3mg
Calcium	28 mg
Sodium	4 mg
Cholesterol	0mg
Manganese	4mg

Source: Medallion Labs

For further information, visit www.wildblueberries.com or phone 207-570-3535



