8·6 | BLACKCURRANT POWDER

75g

Average nutritional value / 100 g

Energy	1278 kJ/309 kcal
Fat	2,23 g
- of which: saturates	0,19 g
Carbohydrate	42,22 g
- of which: sugars	42,22 g
Protein	7,84 g
Salt	0,03 g
Fiber	44,24g

PRODUCT DESCRIPTION

A perfectionist's choice. Ever since the Victorian era, the blackcurrant has represented the art of living life to the fullest, assuming perfection, and at the same time achieving modesty. With respect to its nutritional components, it is completely the same. These exceptional berries emerge from inconspicuous yellowish-green flowers hidden in the shade of bushy leaves. They are also known as vitamin stars to this day. Its mighty impact on strengthening the immune system and beneficial effects on numerous vital organs of the body make the blackcurrant a perfect dietary supplement to preserve one's health and vitality.

PREMIUM blackcurrant powder is obtained by a special lyophilization process in which the fruit freezes quickly and is dried in such a condition, that is, water is removed from it. This process retains the natural colour, taste and aroma of the fruit and, most importantly, retains many of the nutrients found in the fruit itself.

BLACKCURRANT

The blackcurrant (Ribes nigrum) is a deciduous shrub of the family Grossulariaceae cultivated for its edible berries. It is originally from the temperate parts of Central and Northern Europe and Northern Asia. The blackcurrant is almost as beautiful as it is strong, with a deep, rich, reddish or purple-black color. The compound anthocyanin is not only responsible for creating this intense pigment, but also contributes to some medicinal properties of the black currant. It is extremely rich in vitamin C and polyphenols (obtained from the group of already mentioned anthocyanins) - the biologically active substances that contribute to strengthening the immunity. This powerful berry plays a role in anti-inflammatory and antiviral action, enhancing cognitive abilities and memory, and even protecting nerve cells from oxidative stress (prevention of Alzheimer 's and Parkinson' s disease).
The blackcurrant is unique in that it contains both soluble and insoluble fibers which contribute to a healthier and more balanced digestive system, a key component in keeping a healthy organism.

Some known actions:

- Being rich in polyphenols (especially anthocyanin) means that the blackcurrant can lower blood glucose levels, improving glucose tolerance which makes it ideal for preventing the development of type II diabetes.
- Relieves sore throat
- Its high concentration of gamma-linolenic acid and anthocyanins can help relieve pain, stiffness and even damage to joints and muscles
- High potassium levels as well as gamma-linolenic acid from blackcurrants have a known effect on blood pressure, can reduce accumulations within blood vessels and can decrease the probability of heart damage
- Some clinical trials have linked blackcurrant powder consumption with improved eye function including better adaptability in the dark, regulation of the eye pressure, reduced eye fatigue and slowing the progression of the narrowing of the visual field in glaucoma patients
- Positive effect on the increase of good bacteria and overall bowel health
- The strong antioxidant and anti-inflammatory effects have a positive impact on kidney health
- Helps recovery after exercise

100% ORGANIC · RAW · VEGAN · GMO FREE · SOY FREE · FREEZE DRIED