



Blackberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antioxidant, nootropic

Main Applications

- Supporting brain function
- Boosting immunity
- Promoting gastrointestinal health

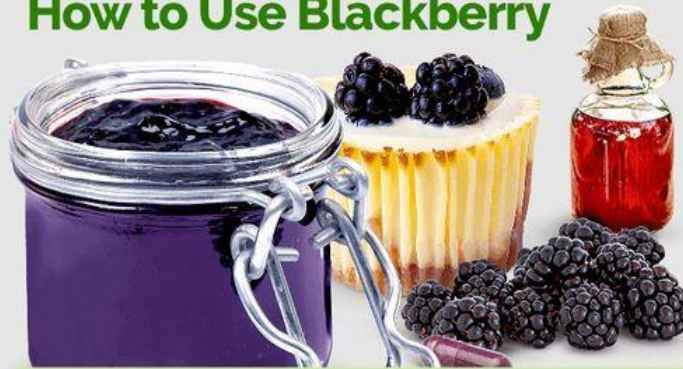
Supportive Compounds

- Phenols (mainly anthocyanin)
- Ellagic acid
- Tannins

Medicinal Actions

Both anthocyanin and ellagic acid work together for reducing cellular oxidation. This mechanism of action **strengthens the immune system and protects brain functions.**

How to Use Blackberry



- RAW
- COOKED
- LIQUID EXTRACT
- CAPSULE

Did you know?

Blackberries also provide essential micronutrients, mainly **vitamin C** (ascorbic acid), **vitamin B₃** (niacin), and **manganese**.



Blueberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antibacterial, Antioxidant

Main Applications

- Improving eye health
- Fighting against infections
- Stimulating bowel movements

Supportive Compounds

- Anthocyanins
- Pterostilbene

Medicinal Actions

The high **antioxidant content** of blueberries help regulate immune responses, promote anti-inflammatory activity, and strengthen cell membranes, among other important functions. Blueberries are also great for treating and preventing urinary tract infections.

How to Use Blueberry

- RAW
- JUICE
- DRIED
- INFUSION
- LIQUID EXTRACT
- OIL
- CREAM
- CAPSULES



Did you know?

Blueberries are a **good source of dietary fiber**, which helps regulate gastrointestinal functions and relieves constipation.



Raspberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antioxidant, Astringent

Main Applications

- Relieving diarrhea
- Treating infections

Supportive Compounds

- Anthocyanins
- Ketones
- Flavonoids
- Tannins

Medicinal Actions

Anthocyanins have protective, anti-aging effects, and play a major role in immune responses, whereas **flavonoids** possess antioxidant and anti-inflammatory activities, and raspberry **ketones** have been shown to reduce both liver and visceral fat. Additionally, **tannins** are responsible for the astringent and antidiarrheal properties of raspberries.

How to Use Raspberry

- RAW
- DRIED
- POWDER
- INFUSION
- ESSENTIAL OIL
- TINCTURE
- LIQUID EXTRACT
- CAPSULES



Did you know?

In their raw, fresh form, raspberries are an excellent source of **dietary fiber** and provide important nutrients, mainly **manganese** and **vitamin C** (ascorbic acid). In **supplements and remedies**, the **tannins** and **flavonoids** from raspberry leaves help treat infections and diarrhea. It is believed that raspberry **ketones** can help reduce body fat.



Strawberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antioxidant, Cardioprotective

Main Applications

- Improving cardiovascular health
- Reducing inflammation

Supportive Compounds

- Anthocyanins
- Quercetin
- Ellagic acid
- Resveratrol

Medicinal Actions

Strawberry's **anthocyanins** help control blood sugar levels and are thought to delay cognitive decline, thus contributing to prevent the onset of dementia and Alzheimer's disease. **Resveratrol** helps decrease cholesterol levels, promotes vasodilation, and reduces systemic inflammation, preventing chronic diseases.

How to Use Strawberry

- RAW
- FROZEN
- JUICES AND SMOOTHIES
- DRIED
- JAM
- CAPSULES
- POWDER
- TINCTURE



Did you know?

Strawberries are an excellent source of **vitamin C** (ascorbic acid), and also provide **vitamin B9** (folate), as well as **manganese** and **copper**. The small amounts of **fluoride** in strawberries help **prevent and control dental caries**.



Cranberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antibacterial, Antiulcer

Main Applications

- Preventing and treating urinary infections
- Treating stomach ulcers caused by *H. pylori*

Supportive Compounds

- A-type proanthocyanidins

Medicinal Actions

Cranberry's **A-type proanthocyanidins** (a class of flavonoids) are thought to prevent urinary tract infections by preventing bacteria from attaching to the walls of the urethra and bladder.

How to Use Cranberry

- RAW
- JUICED
- DRIED
- INFUSION
- CAPSULES

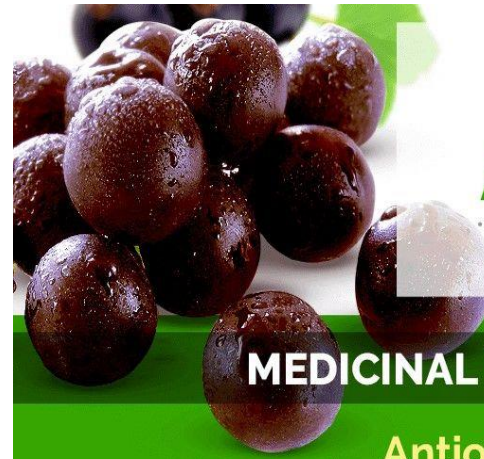


Did you know?

Cranberries are well-known for their **vitamin C** (ascorbic acid) content, which **supports immunity and collagen production**, and is partly responsible for their antioxidant, antibacterial properties.

Source: herbazest.com - For informational purposes only.

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Acai

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antioxidant

Main Applications

- Decreasing inflammation
- Reducing the risk of metabolic disorders
- Balancing cholesterol levels and blood pressure

Supportive Compounds

- Anthocyanins

Medicinal Actions

Acai's benefits are linked mainly to the presence of **anthocyanins**. These antioxidant compounds reduce oxidative stress and damage from free radicals, which appears to have potential health effects, such as a hypotensive action.

How to Use Acai

- FRESH FRUIT
- PUREE
- JUICE
- POWDER
- OIL
- CAPSULES



Did you know?

Acai berries provide **dietary fiber**, as well as **healthy fats** and some vegetable **protein** (as amino acids). Their nutritional value is rounded by good amounts of **vitamin C** (ascorbic acid) and **vitamin A**, along with minerals such as iron and calcium.

Source: herbazest.com - For informational purposes only.

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Goji Berry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Hepatoprotective, Immune stimulant

Main Applications

- Promoting immunity
- Improving eyesight
- Protecting the liver

Supportive Compounds

- Carotenoids (mainly zeaxanthin)
- Polysaccharides

Medicinal Actions

The **polysaccharides** in goji berries promote immune system functions, reduce gastric irritation, and protect against neurological damage. On the other hand, **carotenoids** are antioxidants that protect cells from free radicals and repair the damage caused by oxidative stress.

How to Use Goji Berry

- RAW
- COOKED
- JUICE
- INFUSION
- TINCTURE
- CAPSULES



Did you know?

Goji berries are an **outstanding source of vitamin A** (from beta-carotene), which possess antioxidant properties that **support liver health** and can help **prevent age-related diseases**, such as glaucoma and macular degeneration.



Goldenberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Anti-inflammatory, Hypoglycemic

Main Applications

- Relieving skin irritation
- Alleviating arthritis symptoms
- Managing diabetes
- Supporting liver and kidneys health

Supportive Compounds

- Carotenoids
- Melatonin
- Tannins
- Polyphenols
- Alkaloids
- Glycosides
- Flavonoids

Medicinal Actions

Goldenberry's **polyphenols** possess **antioxidant properties** that are thought to be responsible for its anti-inflammatory effects and its ability to lower glucose levels.

How to Use Goldenberry



- RAW
- JUICE
- DRIED
- POWDER

Did you know?

The **melatonin** contained in goldenberry promotes restful sleep.