



# T H E I N C A B E R R Y

*Physalis Peruviana L*

Incaberries can be stored without refrigeration and their delicious and unique taste will be a talking point when served to guests. But be warned once you've started eating them you won't be able to stop!

Incaberries are packed full of nutrients and antioxidants like no other berry or dried fruit. Considered a great source of vitamin P, a strong bioflavonoid, Incaberries are also rich in pectin, a type of dietary fibre, which has been shown to lower cholesterol. Hundreds of studies on bioflavonoids have demonstrated their wide range of health benefits. Studies on Incaberries have shown they contain significant anti-inflammatory and antioxidant properties (\* ref 1,2, 3, 4 ) adding weight to suggestions the berries can help with conditions such as cancer, malaria and asthma.

Incaberries are -

- an excellent high source of **fibre**,
- a high source of **protein** for a dried fruit
- high in **vitamin C** and **antioxidants**,
- a good source of **iron**,
- a good source of **calcium**
- a good source of **potassium** and **phosphorus**.
- extremely low in **sodium, cholesterol and saturated fats**.

Incaberries are a wonderful natural energy booster with 100gms containing around 41 gms of natural sucrose, glucose and fructose. They are ideal for anyone suffering from Chronic Fatigue Syndrome and for high-energy users such as athletes, rock climbers and walkers.

But this is just the tip of the nutritional benefits as recent studies tell us that of all fresh fruits and vegetables, Incaberries have some of the most health-protecting antioxidants, those valuable elements which prevent cancer-causing cell damage and may limit the changes wrought by age related diseases.

Below are some of the nutrients found in Incaberries -

**Fibre** - Fibre is made up of undigestible bits of plant that add roughage and bulk to food in the gut, aiding in efficient elimination and a healthy digestive system. Diet rich in high fibre foods is essential for your health. Dietary fiber is vital for prevention or treatment of diverticulitis, diabetes, colitis, irritable bowel syndrome and Crohn's disease. Studies have shown that certain conditions such as constipation, hemorrhoids, diverticulosis and high blood pressure respond favourably to a high fibre diet. Those who need a gluten free diet can still benefit from a variety of high fiber foods. Certain types of fibre can even lower blood cholesterol levels.

**Protein** – Your body needs protein, a nutrient made up of essential and nonessential amino acids, for good health. Protein helps to maintain and replace the tissues in your body, and is found in almost every living cell and fluid. Your muscles, organs and many of your hormones are made up of protein, and it is also used in the manufacture of haemoglobin, the red blood cells that carry oxygen to your body. Protein is also used to manufacture antibodies that fight infection and disease and is integral to your body's



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**Vitamin C or Ascorbic acid** - is essential for the formation of collagen and intercellular material, bone and teeth and for the healing of wounds. It helps maintain elasticity of the skin, aids the absorption of iron and improves resistance to infection. Vitamin C is found only in foods of plant origin. Fruits and vegetables are the best sources.

**Antioxidants** - are molecules which act as the body's first line of defence against damage from a natural process called oxidation. They destroy substances called free radicals which occur naturally in our body and are also left behind by smog, cigarette smoke and the sun's radiation. Free radicals damage cell tissues, membranes and other structures through the process of oxidation which is why substances that prevent this damage are called "antioxidants" and are so important to us. The three best known antioxidants are beta-carotene (the plant form of vitamin A), vitamin C and vitamin E. Antioxidants are linked to preventing cancer-causing cell damage and may limit the changes wrought by age related diseases.

**Iron** - is a mineral essential for the formation of haemoglobin in the blood. Haemoglobin is the part of your blood that carries oxygen through the body. Not enough haemoglobin means too little oxygen circulating with the blood and a diagnosis of anemia.

**Calcium** - Calcium is a primary structural constituent of the skeleton, but it is also widely distributed in soft tissue. The skeleton serves as a reservoir of calcium and other minerals. 99% of Calcium in the body is found in the bones and teeth, and the remainder is used for the contraction of muscles, nerve function, enzyme activity and blood clotting. Essential for strong bones.

**Potassium** - a mineral essential for blood pressure, water balance, muscles, nerves, digestion, and maintaining the even beat of your heart. A large amount of potassium prevents fluid retention and helps reduce blood pressure.

**Phosphorus** - is an essential mineral that is required by every cell in the body for normal function. Approximately 85% of the body's phosphorus is found in bone. All energy production and storage is dependent on phosphorylated compounds which are required for the storage and transmission of genetic information.

**Vitamin E** - an antioxidant which helps in cancer prevention and boosts the immune system. Our bodies can't make it, so we must consume it through our diet. Essential for skin health and wound healing.

**Vitamin A** - a retinoid essential for healthy skin, eyes and bones, immune function and cell development. Vitamin A is a free radical scavenger and a defender against aging.

**Betacarotene** - an antioxidant that gathers in the fatty tissue under your skin, where it protects against UV damage.



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**Riboflavin** - is a B Complex vitamin that helps your body release energy from carbohydrates and keeps your skin and eyes healthy.

**Thiamin** - aka Vitamin B. Necessary for metabolism (releasing energy from fat and carbs), a healthy heart, brain and nerve cells.

**Silicon** - is a trace mineral which is believed to be able to rejuvenate the pancreas. Silicon is important for the development of bone and connective tissue. Research nutritionists focus on the role of silicon in the prevention and treatment of osteoporosis

**Manganese** - an essential trace mineral responsible for making enzymes that metabolise fat and proteins. Also important for bone formation, insulin balance, the health of connective tissues and the thyroid.

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