

ORAC value is commonly used to measure the antioxidant capacity of foods. The total ORAC value of 1.0 g of dried saskatoon berries is about 2414 micro moles of Trolox Equivalent (TE). Trolox is a vitamin-E analogue and the standard used. Thus, 1.0 g of dried saskatoon berry powder show an antioxidant capacity similar to that of 2414 micromoles of Trolox.



Reactive oxygen species (ROS) are harmful biomolecules produced in the bodies of all animals as part of the normal metabolism. Super oxide, peroxy, singlet oxygen, hydroxyl, and peroxynitrite are some of these ROS molecules. When the body produces more ROS than what the enzymes can neutralize, pathologies begin.

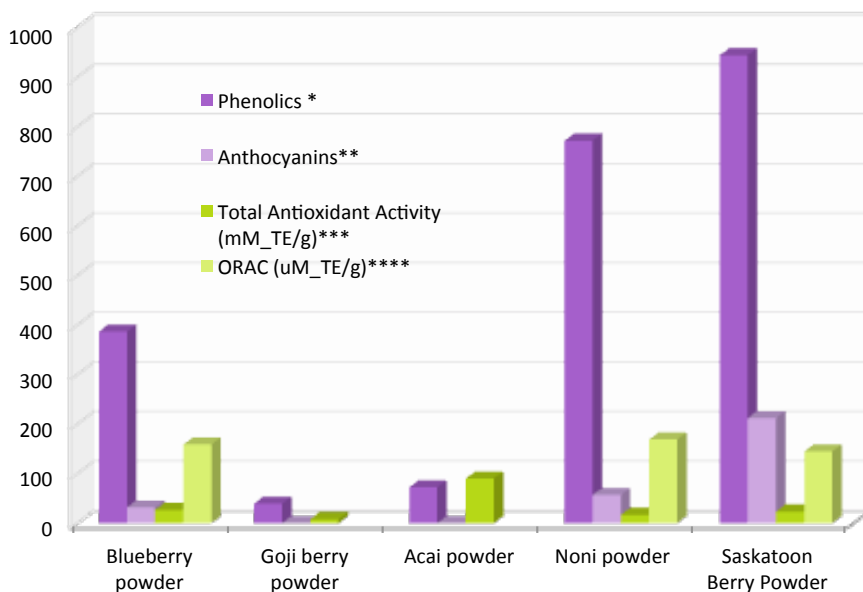
Antioxidants in the diet
helps to decrease...

INFLAMMATION

THE RISK OF CANCER

CARDIOVASCULAR DISEASES

These berries pack a punch!



In laboratory experiments it has been shown that the polyphenol antioxidants found in plants are capable of mitigating the activity of ROS molecules. Some polyphenol compounds are better agents for neutralizing ROS molecules than others. Vitamin-E and zinc are valuable antioxidant compounds. Saskatoon berries are a good source of vitamin-E and also contain zinc. Information sources 3, 4, 5