

Why would you want to drink a beverage that was not Sea Buckthorn Berry supercharged?

TABLE 1. QUANTITATIVE SUMMARY OF SUPERFRUITS

Superfruit	Nutrients	B12	Fat Soluble Vitamins & Oils	Antioxidant Strength	Published Research Progress	Commercial Exposure	Superfruit Rank Score (60 Max)
Acai	7	0	2	10	1	4	24
Goji	7	0	4	7	4	6	28
Mangosteen	1	0	1	1	2	8	13
Noni	2	0	0	1	3	10	16
Pomegranate	1	0	4	5	8	7	25
Sea Buckthorn	10	6	6	10	7	2	39

Adapted from Nutritional Products Insider 2007

TABLE 2. QUALITATIVE SUMMARY OF SUPERFRUITS

Superfruit	Nutrients	B12	Fat Soluble Vitamins	Antioxidant Strength	Published Research Progress	Commercial Exposure
Acai	High	Low	Low	High	Moderate	Moderate
Goji	High	Low	Moderate	Moderate	Low	High
Mangosteen	Low	Low	Low	Low	Low	Moderate
Noni	Low	Low	Low	Low	Low	High
Pomegranate	Low	Low	Moderate	Moderate	High	High
Sea Buckthorn	High	High	High	High	Moderate	Low (new)

Adapted from Nutritional Products Insider 2007

TABLE 3. COMPOSITE ANTIOXIDANT CAPACITY OF SUPERFRUIT BERRIES

RANK	Superfruit Berry	Botanical Name	Main Country For Supply	Antioxidant Strength ORAC Value	Phenolics	Vitamin C	Carotenoid Content
				Units per 100 g	Mg per 100 g	Mg per 100 g	Ranking 0 to 4
8	Cranberry	<i>Vaccinium macrocarpon</i>	USA, Canada	9,500	715	12	0
7	Elderberry	<i>Sambucus nigra</i>	Canada, USA	14,600	1,950	60	1
6	Muscadine Grape	<i>Vitis rotundifolia</i>	USA	15,000	-	-	1
5	Black Raspberry	<i>Rubus occidentalis</i>	USA	16,000	-	-	0
4	Aronia	<i>Aronia melanocarpa</i>	Europe, USA	16,000	2,010	-	0
3	Goji (Wolfberry)	<i>Lycium barbarum</i>	China	30,300	1,300	73	4
2	Acai	<i>Euterpe oleracea</i>	Brazil	102,000	-	trace	2
1	Sea Buckthorn	<i>Hippophae rhamnoides</i>	China, Russia, India and Canada	70,000	1,450	2,750	4

Source: USDA and Brunswick Labs