Health Benefits

- High source of antioxidants
- Helps protect against aging and cell degeneration
- Promotes good cholesterol levels
- Fights heart disease and cardiovascular problems
- Helps control blood pressure
- Fights against diabetes
- Promotes a healthy urinary tract
- Contains anti-inflammatory properties
- Aids in digestion
- Boosts immune system to fight bacteria and viruses
- Protects the kidneys
- Strengthens memory and the nervous system

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Aronia Berries ~ known as nature's powerful healers by Native American Indians. Aronia is similar in appearance to a blueberry but totally unique and different. They come naturally loaded with high-levels of flavonoids and anthocyanins that are known for their amazing beneficial qualities. In comparison to others, the Aronia Berry reigns supreme with an antioxidant value that rivals Acai, Goji Berry, Blueberries, Cherries, Raspberries and Blackberries.
Do Aronia Berries have Health Benefits?

Research has shown that the Aronia Berry has more antioxidant power than other fruits including Elderberries, Blueberries, Cherries and Acai Berry.

Studies have shown that antioxidants may help reduce the risk for cancer, heart disease, inflammation, diabetes, bacterial infections and neurological diseases in humans. They also slow the aging process.

How are Aronia Berries Used?

Aronia Berries can be eaten fresh off the bush or used in fruit smoothies, oatmeal & other cereals, breads, muffins, pies, cookies and other baked goods. They can also be used to make tea, juice and wonderful Aronia Berry wine. The Aronia Berry fruit or fruit juice can be used to make jams, jellies, syrup, candy, and salsa and can also be used in yogurt, ice cream, milk and other products.

How Much Should I Eat?

Several of the human trials administered the equivalent of a few berries (3-5 berries) 3 times a day. Multiple doses a day is important to keep consistently higher flavonoid contents in your blood stream. (i.e. anthocyanin levels in your blood seem to drop off after a couple of hours)

Discover the power of the "Black Pearl" of berries. The ORAC Value (Oxygen Radical Absorbance Capacity) is the most important value to keep in mind when consuming antioxidant-rich foods, because it describes the fruit's level of antioxidant in units. Aronia Berries have one of the highest ORAC values of any known fruit or berry, as shown in 2010 USDA ORAC report.

Aronia (Photinia melanocarpa, formerly Aronia melanocarpa) is commonly known as "black chokeberry," although the preferred common name is Aronia Berry.