



# Aronia Berries

*nature's gift to you!*

- All research confirms that aronia berries contain exceedingly high levels of natural plant flavonoids, polyphenols, anthocyanins, antioxidants and vitamins.
- Historically the berries were used by the Native Americans for many medical uses and, according to modern scientific investigations, can deliver health-enhancing benefits.
- The enormous antioxidant potential of the berries results from the high anthocyanin content and tannins.
- A strong dark-red/purple juice can be produced by pressing the black coloured berry. The berry, which is like a very small apple about 10mm in diameter, has high levels of tannins, which gives the juice a unique and slightly astringent taste.
- Aronia berries are extremely versatile with a wide variety of domestic uses ranging from fresh berry juices, jams, jellies, cakes, desserts, yoghurts, ice creams and smoothies. They can be readily frozen, dried, powdered, chocolate covered or candied.
- Commercial uses include medicinal remedies, natural food colouring, health and well-being nutritional supplements, natural cosmetics and diabetic energy foods. As a food ingredient it can be found in several popular food and drink products.



- Originally grown in North America and extensively farmed in Eastern Europe these berries are now being grown in the UK.
- For more information and research we recommend you try;  
A) google search; aronia berry products  
B) You tube video search; aronia harvest.  
C) Twitter; @Aroina\_UK
- For future reference please visit [www.aroniaberriesuk.co.uk](http://www.aroniaberriesuk.co.uk) .  
This site will be updated every month giving details of the new crop and retail marketing opportunities.
- Contact Guardtop Ltd. Tel. 01474 871527. Kent, TN15 7HF
- email; [info@aroniaberriesuk.co.uk](mailto:info@aroniaberriesuk.co.uk)

