

Warning, this powder may give you superpowers. Just one teaspoon of our raw berry powder is bursting with more berry superpower than a whole handful of fresh berries. You'll probably find yourself doing odd things like not hitting snooze and looking forward to Mondays. Not all heroes wear capes, but most eat our berries.



Scoop out one
or two teaspoons



Add to cereal, porridge,
smoothies or yogurt



Use in baking
or cooking

Our founders met in the Arctic Circle when they were tiny berry-picking tots. Enriched by the midnight-sun goodness packed into each berry, they grew strong and soon set out to explore new lands, taking the wild forest berries with them (preserved in space-saving powder) ready to share with the world.

We've blended three delicious berries together, to bring out the best from each of them.

INGREDIENTS

A powdered blend of Arctic blackcurrants 50%, wild blueberries 40%, wild lingonberries 10%. NOTHING ADDED.

- Contains nutrient rich wild forest berries
- Easy way to enjoy berries' health benefits
- We've used over 700g of fresh berries in this bag
- Raw goodness - dried below 40°C
- Contains vitamin C - immune boosting
- High in fibre - good for digestion
- Magnesium - recovers and keeps your muscle function tiptop
- Vitamin E - promotes healthy skin

SERVING SIZE

Add 1-2 teaspoons to your porridge, cereal, yogurt or smoothie. Or use as an ingredient in your baking and cooking.

RECIPES AND INSPIRATION

www.arcticpowerberries.com

@arcticberries

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NUTRITION FACTS PER 100G

| | |
|------------------------|--------------------|
| Energy | 338 kcal / 1437 kJ |
| Protein | 5g |
| Carbohydrates | 46g |
| Of which sugars | 27g |
| (Only natural sugars!) | |
| Fibre | 33g |
| Fat | 1g |
| Vitamin E | 13mg |
| Vitamin C | 33mg |
| Magnesium | 82mg |
| Potassium | 1,033mg |
| Anthocyanins | 687mg |
| Proanthocyanidins | 300mg |

Allergies? Our berries are free from gluten, dairy, soya and nuts. **Non-GMO!** This product contains no GMO parts. **Vegan?** Absolutely! **Healthy?** Very!

Contents may settle, shake gently. After opening, consume within 16 weeks for optimum freshness. Store away from sunlight, in dry room temperature. Do not freeze.

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Best before:

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Wild Berries



Nutrient rich



No Added Sugar



Raw



Gluten Free