

Dr. Fuhrman®

PRODUCT FACTS

BERRY BOOST

Berries, such as blueberries, strawberries, and raspberries, are rich in anthocyanins, a subclass of flavonoid phytochemicals



Dr. Fuhrman's Berry Boost Superfood Powder adds a bright burst of fruit flavor and beneficial phytochemicals to your favorite smoothie, beverage, breakfast bowl or dessert.

ORGANIC BERRIES

Dr. Fuhrman recommends eating berries daily because of their high-fiber, low-sugar and high-phytochemical content. Berries, such as blueberries, strawberries, and raspberries, are rich in anthocyanins, a subclass of flavonoid phytochemicals. Flavonoids also include green tea catechins, soy isoflavones, cocoa flavanols, and citrus flavanones. Greater intake of berries or flavonoids has been linked to better cardiovascular and brain health in scientific studies.¹⁻³

Although they have antioxidant activity, flavonoids are not thought to neutralize free radicals in the body. Instead, the health benefits associated with greater consumption of flavonoid-rich foods are most likely due to the ability of flavonoids and their metabolites to alter cellular signals.



In laboratory studies, flavonoids modulate signaling pathways associated with cell growth, survival, natural antioxidant defenses, and inflammation.⁴⁻⁷

Berry Boost superfood powder supplies supplemental raspberry, strawberry, acerola cherry, cranberry, wild blueberry, and acai. It's a great way to add extra berry phytochemicals and a burst of flavor and to your smoothie, "nice" cream, or herbal tea.

BERRY BOOST

Product Features

- 100% vegan
- Certified organic
- A blend of raspberry, strawberry, wild blueberry, acerola cherry, cranberry, and acai juice
- No added sugars
- Gluten-free, non-GMO

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

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1. Huang H, Chen G, Liao D, et al. Effects of Berries Consumption on Cardiovascular Risk Factors: A Meta-analysis with Trial Sequential Analysis of Randomized Controlled Trials. *Sci Rep* 2016; 6:23625.
2. Devore EE, Kang JH, Breteler MM, Grodstein F. Dietary intakes of berries and flavonoids in relation to cognitive decline. *Ann Neurol* 2012.
3. Wang X, Ouyang YY, Liu J, Zhao G. Flavonoid intake and risk of CVD: a systematic review and meta-analysis of prospective cohort studies. *Br J Nutr* 2014; 111:1-11.
4. Mansuri ML, Parihar P, Solanki I, Parihar MS. Flavonoids in modulation of cell survival signalling pathways. *Genes Nutr* 2014; 9:400.
5. Choy KW, Murugan D, Leong XF, et al. Flavonoids as Natural Anti-Inflammatory Agents Targeting Nuclear Factor-Kappa B (NFkappaB) Signaling in Cardiovascular Diseases: A Mini Review. *Front Pharmacol* 2019; 10:1295.
6. Ciuraru L, Milaciu MV, Runcan O, et al. The Effects of Flavonoids in Cardiovascular Diseases. *Molecules* 2020; 25.
7. Oregon State University. Linus Pauling Institute: Micronutrient Information Center. Flavonoids. [<https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids>]

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Supplement Facts

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Serving Size 1 Scoop (3.4 g) Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	3g 1%*
Dietary Fiber	1g 4%*
Total Sugars	<1g †
Vitamin C (from organic acerola fruit extract)	45 mg 50%
Organic Berry Blend:	2,572 mg †
Organic raspberry, Organic strawberry, Organic wild blueberry, Organic acai juice (<i>Euterpe oleracea</i>), Organic cranberry	
Organic maca root powder	500 mg †

*Percent Daily Values are based on a 2,000 calorie diet,†Daily Value not established.

Other Ingredients: Organic monk fruit extract.

Suggested Use: Mix 1 scoop with 8 fl. oz. hot water and/or plant-based milk once daily.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).