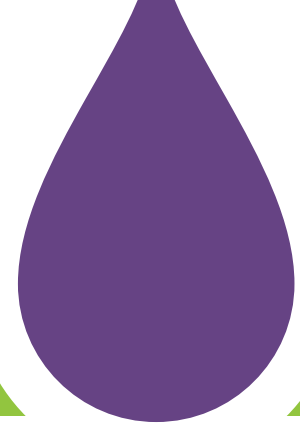


# BLUEBERRY MICRODRIED® WHOLE

ORGANIC HIGH MOISTURE Nutritional Information



## ORGANIC HIGH MOISTURE

Analysis Name

Results

Units

Calories	378	Cal/100g
Carbohydrates	79.60	% by wt.
Total Sugars	46.91	% by wt.
Fructose	25.72	% by wt.
Glucose	21.19	% by wt.
Lactose	< 0.25	% by wt.
Maltose	< 0.25	% by wt.
Sucrose	< 0.25	% by wt.
Total Fat	2.10	% by wt.
Trans Fat	< 0.01	% by wt.
Saturated Fat	0.28	% by wt.
Monounsaturated Fat	0.38	% by wt.
cis-cis Polyunsaturated Fat	1.46	% by wt.
Total Dietary Fiber	19.7	% by wt.
Protein	7.00	% by wt.
Polyphenols	15,000	ppm
Vitamin A (Beta Carotene)	1,022	IU/100g
Vitamin C	< 0.5	mg/100g
Calcium	70.0	mg/100g
Iron	2.3	mg/100g
Sodium	4.40	mg/100g
Ash	1.30	% by wt.

*\* Data obtained from multiple sources including testing and literature. Data is not lot specific and should not be considered a specification.*

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