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1?? cup ¼ cup açaí anthocyanins antioxidant antioxidant A-C-E vitamins banana beta-carotene beta-cryptoxanthin blackberries blackcurrants blueberries bowl cancer carotenoids cells cherries clinical...

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This is where our superfruits expert comes in. Paul Gross Ph.D, the Berry Doctor, shares twenty elite fruits that are actually “super,” packed with high density nutrients, antioxidants, and other promising phytochemicals and shows how eating more of these superfruits can help strengthen the immune system, give us more energy, fight heart disease, and improve overall health!

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Blackberries are another incredibly healthy fruit, packed with vitamins, minerals, fiber and antioxidants. They provide an impressive amount of vitamin C, vitamin K and manganese.

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“Paul Gross, the “Berry Doctor,” gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of ...

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