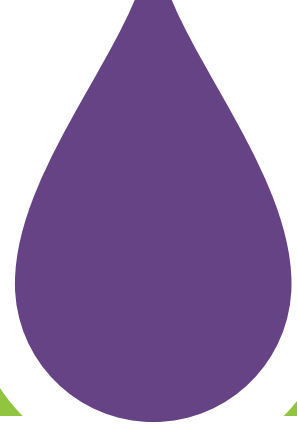


BLACKBERRY MICRODRIED® WHOLE

HIGH MOISTURE Nutritional Information



HIGH MOISTURE

Analysis Name	Results	Units
Calories	385	Cal/100g
Carbohydrates	76.64	% by wt.
Total Sugars	33.19	% by wt.
Fructose	16.40	% by wt.
Glucose	16.79	% by wt.
Lactose	< 0.25	% by wt.
Maltose	< 0.25	% by wt.
Sucrose	< 0.25	% by wt.
Total Fat	4.50	% by wt.
Trans Fat	0.01	% by wt.
Saturated Fat	0.43	% by wt.
Monounsaturated Fat	1.13	% by wt.
cis-cis Polyunsaturated Fat	2.74	% by wt.
Total Dietary Fiber	34.0	% by wt.
Protein	4.59	% by wt.
Polyphenols	8,150	ppm
Vitamin A (Beta Carotene)	1,100	IU/100g
Vitamin C	< 0.5	mg/100g
Calcium	273	mg/100g
Iron	2.8	mg/100g
Sodium	3.04	mg/100g
Ash	3.13	% by wt.

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

Concentrated Excellence®
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