

Golden Berry

- Golden berries, also known as *Physalis peruviana*, is South American fruit that's highly concentrated with nutrients and bioactive compounds
- Resembling a golden raisin but with a flavor that's more sweet and tart, golden berries are extremely nutrient dense superfoods with easily absorbable bioavailable compounds.
- Golden berries contain linoleic and oleic acid, two essential fatty acids that aid in insulin sensitivity and fat oxidation.
- Compared to other small berries, golden berries are higher in protein and vitamin A and they're much lower in sugar.
- They're also loaded with antioxidants. Phytochemical screening has revealed an abundance of flavonoids as well.



Benefits of Golden Berries #1 Bolsters Immune System

- Each serving of these delicious golden berries contain Vitamin A and Vitamin C! This incredible berry can bolster your immune system to help you ward off illness and boost the functions of each system in your body. Filling up on golden berries this winter will help you stay strong throughout the cold and flu season.



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Benefits of Golden Berries #2 Reduces Stress & Anxiety

- One of the berry's most amazing and unique qualities is its withanolide content. Withanolide is a naturally-occurring adaptogen, which helps your body adapt to stress by improving the health of your adrenal system. This, in turn, can reduce feelings of anxiety and irritability. Over time, adaptogens have been linked to better emotional well being.



Benefits of Golden Berries #3

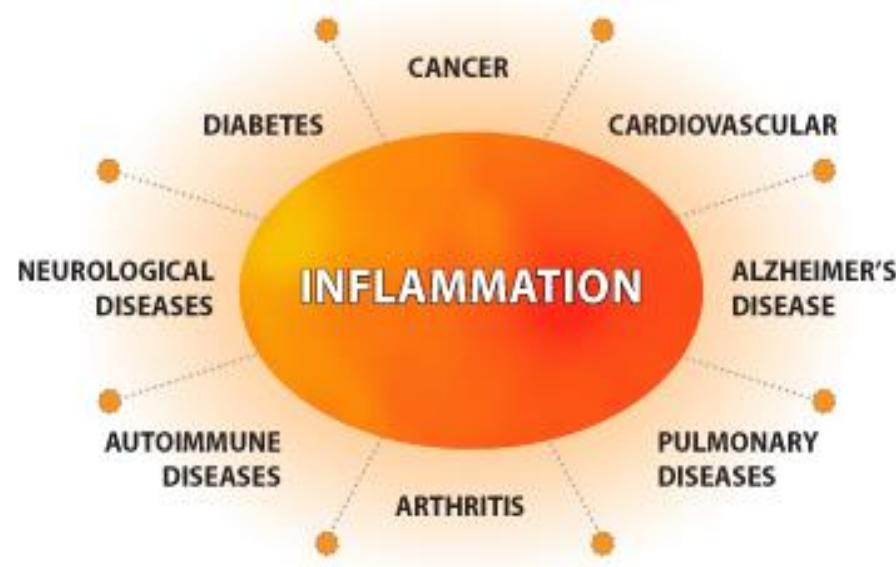
Promotes Digestive Health

- There are several ways golden berries promote digestive health. First, it is a mild diuretic that helps flush water and toxins out of the body. Second, just one serving (3.5 oz) of golden berries contain a whopping **21 grams of fiber**. That's 84% of your daily recommended dose. Fiber aids digestion by encouraging regular bowel movements. By doing so, your body rids itself of excess waste and toxins..



Benefits of Golden Berries #4 Fights Inflammation

- Ancient Incan culture prized golden berries as a healing food. Modern research shows that golden berries have potent anti-inflammatory properties. Inflammation is a common cause of many ailments including muscle stiffness, fatigue, bronchitis, asthma, eczema, swollen joints, headaches, and other diseases. Incorporate golden berries in your daily routine to help ward off inflammatory ailments.



Benefits of Golden Berries #5

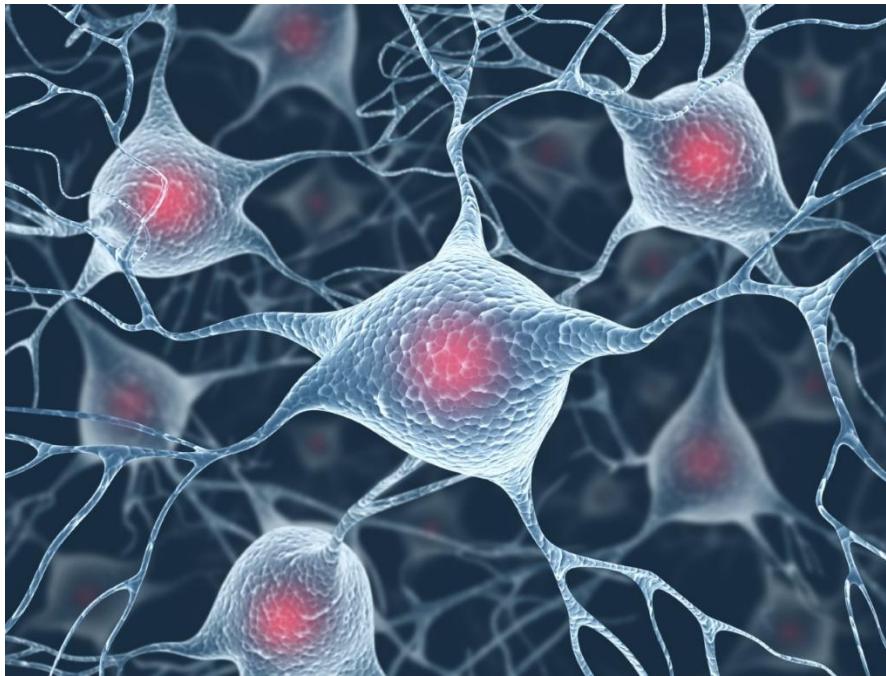
Detoxifies the Body

- These little golden fruits are powerful detoxifiers. Each berry's robust nutritional profile—complete with vitamins, minerals, and antioxidants—nourish the liver and kidney. Both organs each play a critical role in flushing toxins out of the body. The less toxins in your body, the more vibrant you feel!

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Benefits of Golden Berries #6 Delivers Antioxidants

- Golden berries deliver a potent dose of antioxidants, including polyphenols and carotenoids. These antioxidants fight free radicals that damage cells which can lead to degenerative diseases. Enjoy these pleasantly tart, golden bites on a regular basis to help prevent diseases like cancer over time.



Benefits of Golden Berries #7 Keeps Hunger at Bay

- Golden berries are the perfect snack! Throw them into trail mix with nuts and seeds, in a whole grain cookie, or savor them on their own. Any way you eat them, they will keep you fueled through your adventures. Golden berries are great at keeping hunger at bay because they contain **16% protein**. Comparatively, cranberries and blueberries have zero protein.

