

All About BLACKBERRIES

Source: Dr Axe

TOP 10

Blackberries rank as one of the top 10 highest antioxidant foods with an ORAC score of 5,347

BENEFITS



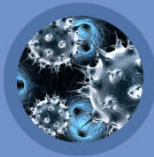
May prevent & slow growth of cancer



Improve & maintain brain function



Regulate menstrual health



Reduce inflammation, fight infection & boost immunity



Good for the cardiovascular system



Promote healthy skin

HISTORY/FACTS

- More similar to peaches or almonds in composition than other berries
- They're an aggregate fruit, meaning they have merged many plant ovaries in their formation
- Folk stories associate blackberries with bad omens, haste and sometimes death

