



QG plum nectar



Queen Garnet Plum— is a natural antioxidant source that has up to five times the levels of anthocyanin present than normal plums.

Queen Garnet plum was developed in Australia and is only available from Australia.

Queen Garnet plum is available as fresh fruit (January-early April), nectar (all year) and powder starting in mid-2016.



Discovered by plant breeders trying to make a disease-resistant version of the common Japanese plum they found a "freak" stone fruit with extraordinarily high levels of anthocyanin.

Anthocyanin is the pigment that gives plums, strawberries and blueberries their deep blush. It is also a class of antioxidant - a compound that reduces oxidative stress in living cells, and which has been investigated for its role in preventing or helping fight disease.

The other minor miracle is its great taste. *"It is an accident to have a variety so high in anthocyanin but also good to eat,"* a company spokesman said. *"Normally fruit that is high in anthocyanin is reasonably bitter."*

QG plum nectar

Drink it straight or mix it with mineral water; soda water; a dash of ginger. Even add it to yoghurt or ice cream.

Made from 100% Queen Garnet plum...

- No added sugar
- No preservatives
- No added colours or flavours
- No concentrate.

One year shelf life from bottling

Store in a cool, dark place until required.

Refrigerate after opening.

Antioxidants: Why are they important?

Antioxidants are substances that may protect your cells against the effects of free radicals — molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Free radicals may play a role in heart disease, cancer and other diseases.

Antioxidants, such as vitamins C and E, and carotenoids may help protect cells from damage caused by free radicals. Other naturally occurring antioxidants include flavonoids, tannins, phenols and lignans. Plant-based foods are the best sources. These include fruits, vegetables and their juices, whole-grain products, nuts, seeds, herbs and spices, and even chocolate.

As a bonus, most foods high in antioxidants are high in fibre, low in saturated fat and cholesterol, and good sources of vitamins and minerals. So enjoy the variety.

From "Nutrition and Healthy Eating" published by the Mayo Clinic

PACKING:

10 x 250mL PET screwcap bottles per carton.