



ALL YOU NEED IN ECUADOR

www.allyouneedinecuador.com

BLUEBERRIES - ARÁNDANOS

The blueberries, those tiny bluish-black berries and slightly acid taste, are revealed as an excellent support for your health, for its great antioxidant and anti-inflammatory qualities



Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 46

% Daily Value*

Total Fat 0.1g

Saturated fatty acids 0.00g

Polyunsaturated fatty acids 0.1g

Monounsaturated fatty acids 0g

Protein 0.4g

Sodium 2mg

Total Carbohydrates 12g

Dietary Fiber 4.6g

Sugars 4g

Vitamin A 60iu

Vitamin C 13.3mg

Vitamin B6 0.1mg

Calcium 8.0mg

Iron 0.3mg

Magnesium 6mg

Potassium 85mg

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.



Lotización Puertas de Alcalá
Pasaje S/N, Lote 1. La Planicie
Quito - Ecuador



sales@allyouneedinecuador.com
allyouneedecuador2019@gmail.com



+593 9 80 588 902
+593 9 62 549 469
+593 2 203 1760



THINK
BEFORE
TOPRINT



All you need in Ecuador



@allyouneedinecuador



allyouneedinecuador.com



ALL YOU NEED IN ECUADOR

www.allyouneedinecuador.com

BLUEBERRIES - ARÁNDANOS

BENEFITS

- It reduces the risk of suffering cancer.
- It is anti-inflammatory.
- Rejuvenates
- Prevents neurodegenerative diseases.
- Prevents damage to DNA
- It helps fight against diabetes.
- It favors the presence of good cholesterol.
- Reduces blood pressure

PROPERTIES

Cranberries are among the fruits with the greatest amount of nutrients. They have high fiber content, vitamin C, vitamin K, manganese



Lotización Puertas de Alcalá
Pasaje S/N, Lote 1. La Planicie
Quito - Ecuador



sales@allyouneedinecuador.com
allyouneedecuador2019@gmail.com



+593 9 80 588 902
+593 9 62 549 469
+593 2 203 1760



THINK
BEFORE
TOPRINT



All you need in Ecuador



@allyouneedinecuador



allyouneedinecuador.com