Discover the exceptional properties of SUPERFOODS with the new powder range from our new brand POWDER Nothing But Plants® range!

This product range offers an innovative concept: an alternative way of consuming dietary supplements and healthier foods – in milkshakes, salads or mixed with your favourite foods.

DESCRIPTION

POWDER presents this unique Andean treasure: organic Inca berries!

The Inca berry is the fruit of the semi-shrub Physalis peruviana L., and grows among its yellow flared flowers. The berry has an ovoid shape with a diameter of around two centimetres, and weighs between 4 and 9 grams. Its interior is juicy and has 100 to 200 small seeds (1-3).

Its appearance and internal structure is reminiscent of the cherry tomato, but with a golden-yellow colour, for this reason it’s called ‘golden berry’. But its superfood status undoubtedly stems from its exceptional nutritional properties!

Our dried whole Inca berries have a sweet and exotic flavour enhanced by a hint of bitterness. Ideal for consuming raw or in salads or in cooked dishes, they are a delicious way to ingest natural antioxidants essential to the body.

ORIGIN

Inca berries are the fruit of the plant Physalis peruviana L., which belongs to the Solanaceae family (1).
Also known as ‘uchuva’, ‘aguaymanto’, ‘goldenberry’ or ‘winter cherry’, depending on where they are consumed. Their Latin and modern names both refer to their origin, Peru, the cradle of the great pre-Columbian Inca civilisation. The upright perennial semi-shrub has grown in the Andes, a high altitude tropical zone, for centuries.

Nowadays, Inca berries are consumed all over the world, although they are mainly found in the markets of Venezuela and Chile. However, Colombia remains the world’s largest producer and exporter (2, 4, 5).

HISTORY

After the discovery of the Americas in the 15th Century, the Spanish introduced Inca berries to the Old World, and the first settlers of the Cape of Good Hope (South Africa) cultivated it as ‘cape gooseberry’ (1, 5). In Madagascar and Rwanda, the berries are still consumed dry for chronic urinary tract infections (13).

Inca berries have traditionally been used in Peruvian medicine in case of illnesses such as cancer, malaria, asthma, hepatitis and dermatitis (6).

In some regions of Colombia, they are attributed medicinal properties such as purifying blood and cleaning cataracts (7).

COMPOSITION

Inca berries are an exceptional source of nutritional properties. They contain essential amino acids (leucine, lysine and isoleucine), polyunsaturated fatty acids (linoleic and oleic acid) and carotenes. An important source of fibre, they are rich in vitamins (A, B, C, E and K) and minerals such as phosphorus, potassium and iron (5-15 times more than other fruits) (2, 4).

Inca berries are powerful antioxidants because of their high phenolic compound, carotenoid and vitamin C content. In addition, they contain phytosterols (campesterol, alpha-sitosterol) that contribute the reduction of cholesterol, withanolides and physalins, steroidal compounds with immunomodulatory properties (2, 4, 8, 9, 14).

BENEFITS

Due to their powerful antioxidant action, Inca berries have multiple healthy properties. The synergy of their different reducing agents give them hepatoprotective, hypocholesterolemic, antimicrobial and anticancer activity.

Inca berries are also packed with anti-allergic, anti-inflammatory and antipyretic (fever reducing) properties (2, 4, 9).

Inca berries are rich in linoleic acid (more than 70% of their fatty acids). Their high content in this essential fatty acid from the Omega 6 series makes Inca berries a powerful cardiovascular protector (2).

USE, DIRECTIONS

Consume 10 g of Inca berries daily. Whole dried Inca berries can be added to your salads, cooked dishes, beverages, desserts, syrups and jams.

STUDIES

In a 2014 thesis reviewing different studies on the anti-cancer activity of withanolides and physalins present in Inca berries, it was concluded that both substances reduce the growth of tumour cells in the colon, prostate and leukaemia (10).
Various studies have demonstrated that consuming Inca berries helps to regulate postprandial glycaemia and blood pressure (11).

Various trials in which the Draize test (toxicity test) was used to confirm the anti-inflammatory activity of different concentrates of *Physalis peruviana* L. juice, although this was medium in comparison with some anti-inflammatory drugs (12).

**BIBLIOGRAPHY**


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**Composition**

**INGREDIENTS:**
Per daily dose: 10 g whole dried organic Inca berries (*Physalis peruviana* L).

**ALLERGENS:**
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

**FABRICATION AND GUARANTEE:**
This food supplement is manufactured by a GMP-compliant laboratory (GMPs are the Good Manufacturing Practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.

**Use**

**DIRECTIONS:**

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1 measuring spoon (10 g) per day. Take 10 g of incan berries per day.

**WARNINGS:**
Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

**ADVICES:**
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

**STORAGE INSTRUCTIONS:**
Store in a cool dry place away from sunlight.