



## Vitamin C Content 17% Acerola Cherry Dried Juice Powder Natural Vitamin

Our Product Introduction

### Basic Information

- Place of Origin: China
- Brand Name: Hongbaiyi
- Certification: COA, HPLC MR
- Model Number: HBY-Acerola Cherry Dried Juice Powder
- Minimum Order Quantity: 5kg/bag
- Price: Negotiable
- Packaging Details: 5kg/bag
- Delivery Time: 3~5 days, upon receipt of payment
- Payment Terms: T/T, Western Union, MoneyGram
- Supply Ability: 5000kg per month



Acerola Cherry Dried Juice Powder



### Product Specification

- Product Name: Acerola Cherry Juice Powder
- Form: Loosely Crystalline Powder
- Particle Size Distribution:  $\geq 95\%$  Passes
- Test Method: HPLC
- Appearance: Yellow Or Salmon Pink
- LOD:  $\leq 5$
- Vitamin C Content: 17% / 20%
- Molds/yeasts:  $\leq 50$
- Highlight: **Vitamin C Acerola Cherry Juice Powder, Natural Vitamin Acerola Cherry Powder**



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## Product Description

### Vitamin C Content 17% Acerola Cherry Dried Juice Powder Natural Vitamin



### Product Details Of Vitamin C Content 17% Acerola Cherry Dried Juice Powder Natural Vitamin

PRODUCT DETAILS	
Ingredients	freeze-dried Acerola cherry juice powder
Allergens	Produced in a facility
Country of Origin	China

### Description Of Acerola Cherry Supplement

Acerola Cherry is a plant native to the tropical regions of the Western Hemisphere. It is also commonly referred to as West Indies cherry, Barbados cherry, or simply "pin cherry". The shrubby plant is said to have originated in southern Mexico and the Caribbean.

Acerola Cherry produces cherry-like berries, but it is not a true cherry. These berries have a pleasant flavor and have been used in modern and folk medicine. Traditional uses include treating liver disease, diarrhea, dysentery, coughs and colds.

Recently, there has been an interest in using vitamin C from acerola cherries as a supplement. There are many health and wellness claims about this nutraceutical, but not all of them are supported by research.

### Why do people take Acerola Cherry?

Acerola Cherries are known for being rich in vitamin C. They are also used as an antioxidant nutrient. It is also used as an antioxidant nutrient. Taken along with vitamin C, pin cherries can boost the immune system.

Similar to witch hazel, pin cherry is an astringent. This makes it helpful in treating skin blemishes, promoting skin elasticity and aiding in digestion. It can even be used as an antibacterial mouthwash.

Other uses for acerola cherry include:

- Antidepressant
- Antifungal
- Exercise endurance
- Diarrhea
- Dysentery
- Skin astringent



### **How to take acerola cherries?**

Consuming the berry or fruit part of the acerola cherry is good for your health. Its flavor is often described as sweet, tangy and astringent. It is easy to eat raw or cook into dishes.

Since Acerola Cherries are perishable, the best way to get this fruit is to grow it yourself. You can also freeze and preserve fresh acerola cherries as soon as you pick them.

This fruit is most commonly found in supplement form. This is because the berries rot within five days of picking and lose most of their nutrients. Even the juice spoils easily unless preservatives are added. However, the best way to take acerola cherries is to consume the fruit. Supplements should not be your first choice.

Supplements come in the form of:

Capsules

Chewable tablets

Liquid extracts (tinctures)

Powders

Powder supplements are quite popular. It is made from dehydrated acerola cherry juice and powder that can be mixed into drinks, smoothies, juices, and more. You can also make smoothies with frozen berries.

There are no clinical studies to support safe doses of acerola cherries. It is safe to say that you can follow the guidelines for vitamin C supplementation when taking acerola cherries at home. This is because vitamin C contributes the most to the nutritional profile of acerola cherries.

Recommendations may vary depending on the supplement product you purchase. If you are unsure how much you should take, follow the dosage instructions on the label.

### **What are the proven benefits of Acerola Cherry?**

The main health benefit of Acerola Cherry is that they are rich in vitamin C. The more ripe the fruit is, the more vitamin C is lost, and pin cherries ripen very quickly.

In a study of various vitamin C-containing fruits and their relative amounts, pin cherries outperformed all other fruits, especially when grown organically. The fruit was reported to have even higher levels of vitamin C than oranges and strawberries, rivaled only by rose hips. Studies have also found that this berry is also a great source of vitamin A.

Vitamin C is an essential nutrient and a water-soluble vitamin that is not stored in the body and therefore needs to be supplemented with water-soluble vitamins every day. Like vitamin A, vitamin C is a known antioxidant that helps prevent free radical damage and certain diseases. Recent studies have confirmed that goldenseal is rich in antioxidants.

Vitamin C also strengthens collagen, protects mucous membranes and prevents scurvy. Vitamin C is important for keeping the immune system functioning and helping the body fight off infections, viruses and even cancer. While more research is needed, one study has shown that in the lab, cherries rich in antioxidants and vitamin C can help the body stop the growth of colon cancer.

Of all the studies on acerola cherries, the one focusing on vitamin C was the most in-depth. This confirms its status as an all-natural vitamin C supplement that can be used to treat colds and flu. As for its other health benefits, more research is needed.

Consumed as a food, acai is also high in the following nutrients:

Calcium

Iron

Niacin (Vitamin B-3)

Phosphorus

Riboflavin (vitamin B-2)

Thiamine (Vitamin B-1)

### **Does Needle Cherry have side effects?**

It is possible to take too much Acerola Cherry. As with vitamin C supplements, digestive disturbances may occur if too much is taken. To avoid problems or discomfort, take milligram doses of acerola cherries just as you would any vitamin C supplement. Follow supplement labeling instructions, if any. Remember that the Food and Drug Administration does not monitor the quality, purity, packaging, or dosage of supplements. Always choose supplements from reputable manufacturers.

Do not take large doses of any vitamin C product, and if you are already taking a large dose, gradually reduce it. Rebound scurvy may occur when the body has become accustomed to larger doses.

If an overdose is taken, the following may occur:

Diarrhea  
Spasms in the digestive tract  
Dizziness or fainting  
Flushing of the face  
Frequent urination  
Headaches (including migraines)  
Nausea  
Vomiting

These symptoms often do not require medical attention and are relatively rare or uncommon. These symptoms will go away as soon as the dose is lowered. If in doubt, contact your doctor.

Taking large amounts of acerola cherries over a long period of time may cause kidney stones. Contact your doctor immediately if you experience side or back pain, which may be a symptom.

If you grow pin cherries, there have been reports of contact dermatitis during harvest. Other than that, the berries are non-toxic and safe to eat.



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