

WHAT ARE POLYPHENOLS AND WHERE DO YOU GET THEM?

Polyphenols are naturally-occurring plant compounds with health benefits



Fruit juices are equivalent to whole fruits for providing polyphenols

Polyphenol family

Other Polyphenols

Flavonoids

Flavanones

Isoflavones

Flavonols

Flavonols

Anthocyanins

Flavones



WHAT IS IN FRUIT JUICE?

Key nutrients in fruit juice and their role in normal health



Vitamin C

- Helps the immune system to work normally
- Helps protect cells from oxidative stress
- Contributes to normal collagen formation for normal function of skin
- Helps reduce tiredness and fatigue



* Claim allowed at 6mg/100mL
orange juice contains 45mg/100mL

Folate

- Helps the immune system to work normally
- Helps reduce tiredness and fatigue
- Helps normal psychological function
- Has a role in the process of cell division



* Claim allowed at 15µg/100mL
orange juice contains 21.5µg/100mL

Potassium

- Supports the maintenance of normal blood pressure
- Helps muscles to work normally
- Contributes to normal functioning of the nervous system



* Claim allowed at 150mg/100mL
orange juice contains 176mg/100mL

DIFFERENT POLYPHENOLS FOR DIFFERENT JUICES

Did you know fruits and their juices contain a wide range of polyphenols?



Orange
Hesperidin



Grapefruit
Naringenin



Pineapple
Bromelain



Pear
Catechin



Peach
Kaempferol



Apple
Quercetin



Polyphenols are natural plant compounds linked with health.

WHAT'S IN 150mL OF ORANGE JUICE?



90%
water

2 oranges

62 calories
84% of daily vitamin C*
14g of sugars
16% of daily folate*
13% of daily potassium*
Plant bioactives
Fibre



* Based on EU/GB Nutrient Reference Values (NRV)

Nutrient Reference Values (NRV) for labelling (EU, GB)
Potassium 2000 milligrams (mg)
Folate 200 micrograms (mcg)
Vitamin C 80 milligrams (mg)