Roberts Berries are made in Finland, where soil, air and water are the cleanest in the world.

To protect themselves, Nordic berries create anthocyanins with the aid of the midnight sun during the short summer.

Wild berries ripen in clean, natural forests where they get their intense and very unique flavor.

The cold winter keeps the nature clean and plants healthy.
**Why anthocyanins?**

Anthocyanins protect our cells from damage and bodies from diseases by stopping free radicals from building up.

**Why whole berries?**

Many nutrients are only in the skin and the seeds.

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**Anthocyanin content mg/100 g fresh weight**

- **Wild Bilberry**
- **Acai berry**
- **Blueberry**
- **Orange**

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- **Anthocyanin content mg/100 g fresh weight**
  - **Wild Bilberry pulp**
  - **Blueberry pulp**

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**Eating whole berries ensures stable absorption of sugar and prevents blood sugar spikes.**

- **Use of fruit juice 3 times/week**
  - Increases risk of type 2 diabetes
  - 5%

- **Use of whole fruits 3 times/week**
  - Decreases risk of type 2 diabetes by
  - 5%

- **Use of whole berries 3 times/week**
  - Decreases risk of type 2 diabetes by
  - 33%

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The anthocyanin content of a berry can be seen in the intensity of its colour. Wild Bilberries are dark blue superberries, whereas the inside of blueberries is pale.


Anthocyanins protect our cells from damage and bodies from diseases by stopping free radicals from building up.

Excluding the skin and seeds of blueberries is also a significant loss of many nutrients. Whole Bilberries have a higher anthocyanin content than blueberries. This is the reason why the use of whole Bilberries rather than Bilberry juice can decrease the risk of type 2 diabetes by 33%.
NUMEROUS IN VITRO/ NONCLINICAL AND CLINICAL STUDIES SHOW THAT BERRIES AND/OR THEIR VARIOUS POLYPHENOLIC, BIOACTIVE COMPOUNDS MAY HAVE PREVENTIVE EFFECTS AGAINST DISEASES

Diabetes, type 2
Cancers
Age-induced oxidative stress
Inflammation
Cardiovascular diseases

AND HAVE BENEFICIAL EFFECTS ON ORGANS AND MAINTAINING HEALTH.

Brains
Urinary tract
Skin and mucosa
Eyes
Digestion and balance of intestine bacterial flora
Immun system


Roberts Berrie has received several international references and has also been featured in a Super Bowl ad.

Your Daily Berries

Pure whole nordic berries in drinkable form all year round.

Healthy
- Huge amount of whole nordic berries filled with anthocyanins.

Easy
- Enjoy on the go.
- Handy cover for drinking.
- Keeps at room temperature.

Tasty
- Intense flavour from nordic berries.

Natural
- Wild nordic berries. All sweetness from berries and fruit.
Berries benefit everyone.

Take your daily berries along and enjoy wherever and whenever.

On a picnic. After your exercise.

At daycare. On a break.

On a trip. With a friend. After your shift.

At home. In baking. As a snack.

At breakfast. On the move.

At a lecture. At the gym. As dessert.
IT IS IMPORTANT to eat a variety of berries regularly as they each have different nutritional value and provide different health benefits.

Roberts Berrie
A varied selection of Nordic berries. A cup of 1 dl is convenient to take along to enjoy your daily berries on the go wherever and whenever you like.

Roberts Berrie+
The Berrie+ family combines the good qualities of berries with effects that enhance wellbeing. Take along and enjoy wherever and whenever you like.

Roberts Moomin Berrie
Moomin Berrie – for children and all friends of Moomin. Your daily Moomin Berries are easy to take along to school and hobbies.

139 Wild Bilberries
32 Blackcurrants & strawberries
95 Wild Bilberries & raspberries
106 Lingonberries & Cranberries
90 Sea buckthorns

Your Daily Superberries

Your Daily Power Berries

Your Daily Moomin Berries

Wild Bilberry & Plum
+ Fiber 6.6 g fiber, gluten-free

Wild Bilberry & Pomegranate
+ Protein 7.1 g protein

Cloudberry & Sea-Buckthorn
+ Collagen 2.5 g collagen

Enjoy every day
To eat a variety of berries regularly as they each have different nutritional value and provide different health benefits.
Wild Bilberry (Vaccinium myrtillus)
The wild bilberry contains vitamins C and E, and it is also a good source of dietary fiber. Its anthocyanin compound content is four times higher than that of the blueberry. The dark blue pulp of the wild bilberry is full of anthocyanins giving it a natural blue colour, whereas the blueberry is pale in colour on the inside.

Sea Buckthorn (Hippophaë rhamnoides)
The sea buckthorn contains plenty of vitamins C and E, dietary fibers and fatty acids that are beneficial to the body. From scarcely 1 dl of berries, you get as much vitamin C as you would get from an orange of average size. About 4–7 % of this berry’s weight comprises berry pulp and seed oil consisting mainly of monounsaturated and polyunsaturated fatty acids.

Lingonberry (Vaccinium vitis-idaea)
The lingonberry contains vitamin E, and it also has a lot of manganese. It is a good source of fiber, and it contains polyphenols with health effects that are being studied extensively.

Cranberry (Vaccinium oxycoccos)
The cranberry thrives in bogs all over Finland. It is rich in vitamin C. With its brisk and sprightly flavour, the cranberry is also a good source of antioxidants and fiber.

Raspberry (Rubus idaeus)
The raspberry contains vitamin C and folate. There is as much vitamin C in 2 dl of raspberries as there is in one mandarin. The raspberry is also a good source of dietary fiber and polyphenols.

Blackcurrant (Ribes nigrum)
The berries, seed oil and also the leaves of the blackcurrant contain plenty of vitamins C and A. The blackcurrant contains more vitamin C than an orange does. Blackcurrant oil also contains plenty of good fatty acids.

Nordic Berries
In addition to the high anthocyanin content, all Nordic Berries have many other benefits which are good for your wellbeing.

Strawberry (Fragaria × ananassa)
The strawberry has plenty of flavonoids and ellagitannins. It has more vitamin C than an orange and as much fiber as a carrot.

Cloudberry (Rubus chamaemorus)
The coudberry is a rich source of vitamin C. Only 75 grams of this golden yellow berry covers your daily intake requirement. The cloudberry also contains vitamin E and ellagitannins in larger quantities than many other fruits and grains. Of all the wild berries, the cloudberry is the richest in fibers.

Source: Arctic Flavours, www.arctic-flavours.fi
Roberts is a Finnish family enterprise founded in 1910. We believe that everyone should be able to enjoy the Nordic berry season all year round.

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