

Absolute Maqui™

**Pure Freeze Dried 100% Organic
Maqui - *Aristotelia chilensis* - Kosher
From the Patagonia region of Chile**



Net Weight 3 oz - 85 g

Absolute Maqui Powder™ is pure, 100% organic, freeze dried maqui berries. The Maqui berries grow wild in Argentina and Chile in the area known as the Patagonia region of South America. Maqui are dark purple berries that have long been part of the culture of the ancient Mapuche people who believe Maqui is rich with medicinal properties. The Maqui berry is considered to be one of the richest antioxidant superfruits. Maqui is rich in naturally occurring Vitamin C, essential fatty acids (EFA's), minerals, fiber, phytosterols, and potent antioxidants like – polyphenols, anthocyanins, rutin, catechins, ellagic acid, and amino acids.

Suggested Serving: 2 tsp per day. Can be sprinkled on food or mixed in your favorite beverage.

Usage Tips: Absolute Maqui Powder™ is great blended into a protein shake or fruit smoothie. It also mixes into yogurt well. To more easily mix it into juice, soften it a bit first by putting the powder in a glass with a few tablespoons of warm (not hot) water and mixing. Then add your juice to the glass and mix. Note: This is freeze dried fruit/berry powder - it is not water soluble! It's like adding fruit pulp to juice.

Warning: Please discard the inedible freshness packet.

**100% organic freeze dried Maqui from Chile
Packaged in the USA**

California Academy of Health (CAOH)

Phone: 800-643-7188 **Web:** www.caoh.com **Email:** info@caoh.com

Certified Organic by Organic Certifiers

Nutrition Facts#

Serving Size: 5 g (2 tsp)

Servings Per Bag: 17

Calories: 15

Calories From Fat: 0

Amount Per Serving % Daily Value

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Sugars	2 g	**
Protein	0 g	**

Vitamin A 0% - Vitamin C 8%

Calcium 0% - Iron 2%

** Percent Daily Value Not Established and Based on a 2000 Calorie Diet.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

INGREDIENTS: 100% organic freeze dried maqui berries (*Aristotelia chilensis*)

