

Minerals

- Calcium
- Zinc
- Manganese
- Phosphorus
- Magnesium
- Sodium
- Potassium
- Iron
- Copper

We tested Saskatoon Berries from our 2012 harvest and found 100 grams of dried Saskatoon Berries potentially provide 1/2 DRI of iron (4 g), 1/4th DRI of magnesium (113 mg), 1/5th DRI of potassium (987 mg) and calcium (234 mg), and 1/7th DRI of phosphorus (121 mg) for adults (Table 3.5b). However, a significant reduction in potassium (891 mg), iron (2.66 mg) and manganese (2.51) levels was observed in the 2013 harvest of Saskatoons. Despite the natural and seasonal variation in mineral levels, which is unavoidable, there is considerable potential to introduce Saskatoons into the functional food and natural health products markets as a source of iron, magnesium, potassium, calcium and phosphorus.

Iron

Benefits

- Part of the oxygen carrying protein hemoglobin in blood
- Part of the oxygen binding protein myoglobin in muscles

Manganese

Benefits

- Taking dietary manganese is possibly effective for decreasing spinal bone loss in older women (osteoporosis), when taken with calcium, zinc and copper.
- Taking dietary manganese is effective for correcting low manganese levels in the body

Caution: Taking more than 11 mg of manganese/day/ adult can be harmful.

How do we know?

Tested berries (2012 and 2013) by the Brunswick Laboratories, USA

Represented all economically important cultivars and Canadian provinces, SK, AB, MB

Source: US National Library of Medicine

Calcium

Benefits

- For healthy bones and teeth
- Blood clotting
- Proper functioning of nerves
- Muscle contraction and relaxing
- Proper functioning of hormones
- Maintain normal heartbeat

Magnesium

Benefits

- Helps maintaining normal nerve functioning
- Supports health of the immune system
- Maintain heartbeat
- Support strong bones
- Regulate blood glucose level
- Support energy production and protein synthesis

