

# Vitamins

Saskatoon Berries are particularly high in vitamin E. Vitamin E is Natural antioxidant and helps Support immune system and metabolism

Despite Saskatoon Berries not being one of the best sources of vitamins, the fruit has the potential to complement the diet in meeting the daily vitamin requirement. It is noteworthy the seasonal variations in vitamin composition. The level of pyridoxine was below detection in 2012, however, 23 µg of the vitamin detected in 100 g (dw) of saskatoons harvested in 2013. Compared to 2012 harvest of Saskatoon Berries, in 2013 harvest there was increased levels of folate (98 µg vs. 156 µg), ascorbic acid (3.4 mg vs. 7.4 mg) and alpha tocophero 9.22 mg vs. 11.1 mg) were observed. On the other hand, in 2013 harvest a reduction observed in riboflavin (0.27 vs. 0.10 mg) and panthothenic acid (1.08 vs. 0.91 mg) levels.

	Saskatoon Berry	Blueberry	§DRI/day/adult
	2012	2013	
Vitamin A (IU/100g)	<50.00	<50.00	356 IU/100g
Vitamin A RAE (RAE/100g)	<15.00	<15.00	DNA
Thiamin - B1 (mg/100g)	<0.10	DNA	0.25
Riboflavin - B2 (mg/100g)	<0.27	<0.10	0.25
Niacin - B3 (mg/100g)	<3.48	<3.539	2.63
Panthothenic acid- B5 (mg/100g)	<1.08	<0.915	0.75
Pyridoxine - B6 (µg/100 g)	<0.00	<23.00	0.31
Folate - B9 (µg/100 g)	<93.2	<156.48	40.0
Folate - DFE (DFE/100g)	<98.2	<156.48	DNA
Ascorbic acid - Vitamin C (mg/100g)	<3.46	<7.43	60.62

	Saskatoon Berry	Blueberry	§DRI/day/adult
Vitamin E	2012	2013	
alpha Tocopherol(mg/100g)	9.22	11.112	3.56
alpha Tocopherol(mg/100g)	0.073	0.023	DNA
alpha Tocopherol(mg/100g)	0.046	0.123	DNA
alpha Tocopherol(mg/100g)	BDL	0.00	DNA
alpha Tocopherol(mg/100g)	BDL	0.00	DNA
alpha Tocopherol(mg/100g)	0.064	0.604	DNA
alpha Tocopherol(mg/100g)	BDL	0.00	DNA

- People who take blood thinners and certain other medicine must contact their doctors before using vitamin E supplements
- People with certain liver disorders, cystic fibrosis, and Crohn's disease may need vitamin E supplements

## How do we know?

Tested Saskatoon Berries (2012 and 2013) by the Brunswick Laboratories, USA Represented all economically important cultivars and Canadian provinces, SK, AB, MB source: US highbush Blueberry Council. Food and Nutrition Information Centre of USDA. BDL – Below detection limit dw – dry weight. DNA – Data Not Available. DRI – Dietary Reference Intake. Source: US National Library of Medicine

