

SUPER *fruit!*

Dr. Derek Stewart from the Scottish Crop Research Institute and The Black Currant Foundation has compiled the information in the chart below on his website, superfruits.org, comparing the health benefits and components of commonly consumed fruit. The information has been distilled from a wealth of scientific peer reviewed research articles and approved compositional food databases. Dr. Stewart concludes that, "**black currants can claim to be the #1 Superfruit.**"

