The Truth About Nordic Wild Blueberries

Today, we're diving into a surprising topic: the truth about Nordic wild blueberries, antioxidants, and detox. It seems there's a bit of a berry misunderstanding floating around. More specifically, some say that Nordic wild blueberries don't hold up to their American relatives in terms of antioxidants and thus, are less beneficial for heavy metal detox. Before you let this sour your experience, let's sift through the facts.

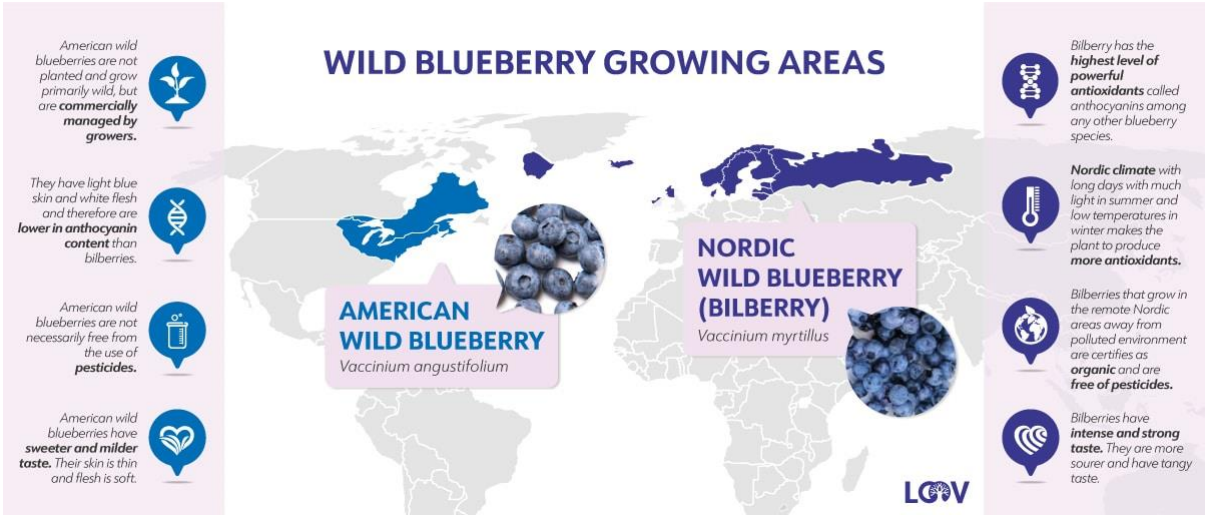
Nordic vs. American Wild Blueberries

First, it's important to understand that blueberries vary based on their environment. Nordic wild blueberries (Vaccinium myrtillus) differ from American wild blueberries (Vaccinium angustifolium). They may seem similar, but each has its unique characteristics.

Nordic wild blueberries are grown naturally deep in the forests. The crops are far away from industry, roads, and possible pollutants. When they’re ready to be harvested they’re hand-picked. To survive in a harsh, cold environment, Nordic wild blueberries contain **large amounts of phytochemicals called anthocyanins**. This explains the high concentration of antioxidants, hence the intense blue color.

American wild blueberries are also grown in the wild, however, they aren’t left to their own devices. There’s a load of human involvement, including the

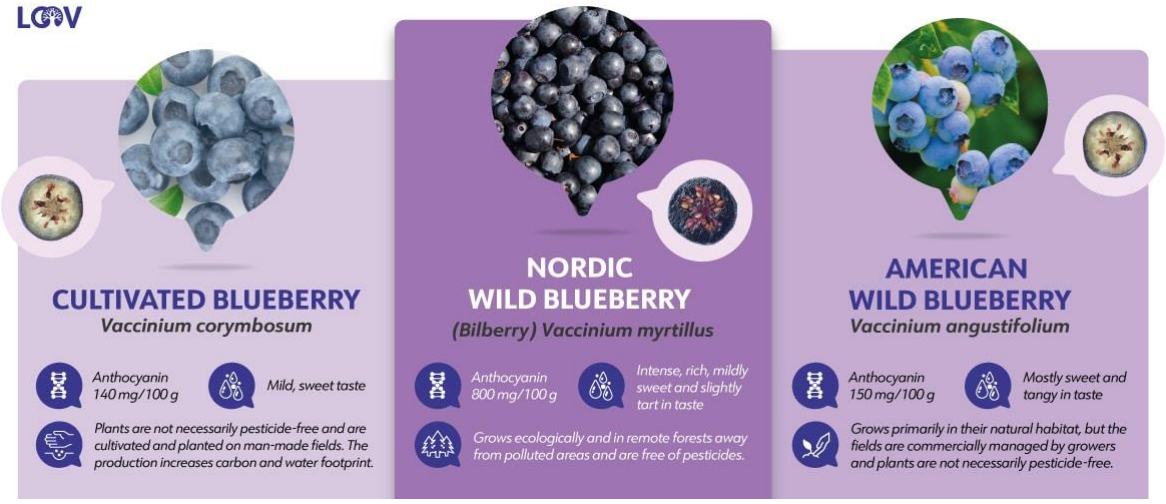
possible use of fertilizers containing pesticides. Their goal is to produce bountiful harvests no matter what the elements do.



Antioxidant Content

Studies have shown that the growing environment significantly impacts the antioxidant and anthocyanin levels in blueberries. Nordic wild blueberries, in particular, have been found to possess a notably higher antioxidant capacity - **up to 4 times more** - compared to other blueberry species, largely due to their specific natural habitat.

Although American wild blueberries are not planted and are primarily wild by nature, they grow on stands managed by growers. Every year in May, the growers import commercial bees to pollinate the fields. These blueberries are harvested by hand-raking, using a metal rake or by mechanical harvester which is used on 80% of the Maine blueberry fields. After harvest, the plants are pruned to the ground every other year by mowing or burning. **American wild blueberries are commercially grown wild berries, contain more water, and are bigger than Nordic wild blueberries. The berry's skin is light blue and therefore has a lower anthocyanin content.**



Heavy Metal Detox and Nordic Wild Blueberries

When it comes to detoxing, Nordic wild blueberries should be your go-to!

Antioxidants are substances that help the body to eliminate free radicals. These are formed when heavy metals react with proteins and other substances that are part of the body's metabolism. Wild Nordic blueberries are packed with antioxidants – a staggering 13,427 in just a cup – they're armed with Vitamin C, Vitamin K, Vitamin A, and flavonoids like anthocyanin and quercetin. **These nutrients, each a powerful antioxidant, make Nordic blueberries an ideal ally in heavy metal detox regimens**, far surpassing the Recommended Daily Allowance of antioxidants.