

ARCTIC LINGONBERRIES GROW WILD IN FINLAND'S FORESTS

Lingonberries grow wild in the undergrowth of Finland's forests. We manufacture powdered and dried berries used as ingredients in smoothies, muesli, bars and chocolates

Lingonberries are also used as ingredients in cosmetics and in nutritional supplements. In the past, lingonberries were also used as a folk remedy in the Nordic countries and by the indigenous peoples of North America. Traditional use in folk medicine is now also being studied using the methods of modern medicine.

ARCTIC LINGONBERRIES ARE HANDPICKED IN THE CLEANEST FORESTS IN EUROPE

About 97% of Finland's forests are unfertilised and suitable for organic picking. Finland has a low population density and is situated far from Europe's major sources of pollution. This makes Finnish forests some of the cleanest in Europe.

Lingonberries, like other wild berries, are picked using handheld berry-picking rakes, without machines, in a clean growing environment a safe distance away from roads and outside populated areas.

THE NORTHERN LATITUDE INCREASES THE CONTENT OF EFFECTIVE SUBSTANCES

The secondary compounds contained in the plants protect the plants from the tough environmental conditions, such as aridity, fungal diseases and the UV rays of the sun. In northern areas where the sun shines long into the night and even 24 hours a day, plants produce more polyphenols to protect them from sunlight than in more southerly areas. Lingonberries contain several polyphenols such as lignans, proanthocyanidins, quercetin and resveratrol.

LINGONBERRIES ARE WELL SUITED TO PREVENTING DISEASES OF AFFLUENCE

The nutrition claims permitted for lingonberries – low energy, fat free, high fibre – do not tell the whole story of how healthy lingonberries are. Although the vitamin content of lingonberries does not reach the heights of many other berries, their high polyphenol content is their trump card.

The polyphenols contained in lingonberries may help to prevent inflammation, cardiovascular diseases, diabetes and urinary tract infections (UTIs). The use of lingonberries is also being studied regarding some cancers and lowering the risk of high blood pressure. Lingonberries may also have an effect in balancing oestrogen levels. In animal tests, lingonberries have also helped with weight management. However, additional research is required before such health claims can be made for lingonberries.



ARCTIC LINGONBERRIES CONTAIN HIGH AMOUNTS OF QUERCETIN AND RESVERATROL

Berries and vegetables that contain high concentrations of polyphenols are often associated with health benefits. Polyphenols, such as quercetin and resveratrol, which are flavonoids, are said to lower susceptibility to degenerative diseases of the nervous system and cardiovascular diseases, and to reduce the risk of cancer and the formation of metastases.

Both quercetin and resveratrol act as antioxidants, whose combined effect on preventing diseases may be greater than their individual impact. This means that to maximise health benefits, diet should include several simultaneous and mutually supporting antioxidant micro components.

- Quercetin

Quercetin is one of the polyphenols that has attracted the most attention. The antioxidant effects of quercetin have been studied regarding its effect in preventing inflammation and lowering blood pressure. Additionally, quercetin has been studied in terms of preventing the formation of atherosclerotic plaque and as a platelet aggregation inhibitor.

- Resveratrol

Resveratrol is said to protect cells from ageing and is often associated with prevention of metabolic disorders as a result of ageing. Resveratrol from lingonberries is an important ingredient in cosmetics. The reported health effects of resveratrol are largely the same as those of quercetin. A significant proportion of current research is concentrated on the effects of the resveratrol contained in wine in promoting health.

