

HESPERIDIN: 100% ORANGE JUICE BEYOND VITAMIN C

100% orange juice is known for its vitamin C content, but there is little awareness about it being one of the richest sources of hesperidin, a polyphenol from the flavanone sub-class.



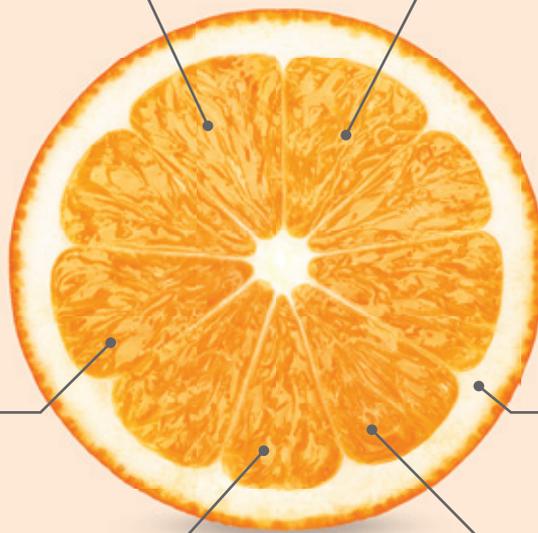
60% of Europe's healthcare professionals were unaware that 100% fruit juices contain polyphenols.¹



100% orange juice delivers more hesperidin than vitamin C. According to data from SGF⁵, 100 mL typically provides 52 mg of hesperidin, or 78 mg per 150 mL serving.



In terms of packaged versus freshly squeezed orange juice, around **3 times more hesperidin** appears in plasma after a recommended intake of packaged 100% orange juice – which has a richer hesperidin content due to a more efficient juicing process.²



Hesperidin is more resistant to degradation by oxygen level or temperature. At 4 degrees Celsius, after 6 months, loss of hesperidin is **2%**.⁶



Studies show that hesperidin exhibits **anti-inflammatory³ characteristics** and can impact positively on human microvascular function (elasticity and tone of blood vessels).⁴

100% orange juice also contains **folate** (helps normal psychological function and the immune system) and **potassium** (supports the maintenance of normal blood pressure).⁷



For more information visit www.fruitjuicematters.eu and follow Fruit Juice Matters social channels

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¹ Ruxton C (2018) What do Europe's health professionals think about fruit juice? CN Focus 10: 36-38.

² Silveira JQ et al. (2014) Pharmacokinetics of flavanone glycosides after ingestion of single doses of fresh-squeezed orange juice versus commercially processed orange juice in healthy humans. J Agric Food Chem 62: 12576-84.

³ Rocha DMUP et al. (2017) Orange juice modulates proinflammatory cytokines after high-fat saturated meal consumption. Food Funct 8: 4396-4403.

⁴ Morand C et al. (2011) Hesperidin contributes to the vascular protective effects of orange juice: a randomized crossover study in healthy volunteers. Am J Clin Nutr 93: 73-80.

⁵ Data provided by SGF International (2018).

⁶ Agcam E et al. (2014) Comparison of phenolic compounds of orange juice processed by pulsed electric fields (PEF) and conventional thermal pasteurization. Food Chemistry 143: 354-361.

⁷ http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home.

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