

Nutritional Content of Sea Buckthorn

SOURCE: USDA NATIONAL NUTRIENT DATA BASE

ORAC Value 22 Fruits (per 100g of Whole Fruit)	ORAC Value
Sea Buckthorn Berry	70000
Prune	7580
Blueberries	6552
Plum	6100
Blackberry	5905
Apple	5900
Raspberry	5065
Strawberry	4302
Cornelian Cherry	3747
Red Grape	3277
White Grape	3277
Quince	2700
Pear	2201
Orange	2103
Persimmon	2100
Peach	1922
Mandarin	1620
Apricot	1110
Banana	795
Pineapple	562
Tomato	387
Melon	319

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