

## Elderberry Flavonoid and Anthocyanin Content Comparisons to other Fruits

Fruit	Form	Flavonoid Content (mg / 100g)			Flavonoid Percentage of Elderberries
		Anthocyanins	Other Flavonoids	Total Flavonoids	
<b>Elderberries</b>	<b>Fruit</b>	<b>749</b>	<b>42</b>	<b>791</b>	<b>100%</b>
Blackberry	Fruit	90.46	135.45	<b>225.91</b>	29%
Blueberries	Fruit	163.52	61.43	<b>224.95</b>	28%
Cranberries	Fruit	91.88	28.43	<b>120.31</b>	15%
Cherries- sweet	Fruit	80.19	11.31	<b>91.5</b>	12%
Red grapes	Fruit	44.86	4.96	<b>49.82</b>	6%
Black Current	Juice	43.85	3.01	<b>46.86</b>	6%
Raspberries	Fruit	38.68	7.95	<b>46.63</b>	6%
Strawberries	Fruit	33.63	6.37	<b>40</b>	5%
Orange	Juice	0	13.94	<b>13.94</b>	2%

Source: United States Department of Agriculture Data base for Flavonoid content

<http://www.nal.usda.gov/fnic/foodcomp>

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