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Power of Aronia berry Superfood “It’s all about the berries”

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No one ever likes being sick, tired or feeling sluggish. This is not normal and it does not need to continue. We could be using this time to be more productive and enjoy life. How about if I told you that there was a product or herb that could help promote energy, boost your immune system fight cancer, diabetes, health condition, inflammatory and urinary tract infections. If you guessed Aronia berry you are correct.

What is Aronia Berry?

Aronia berries, or chokeberries, grows on shrubs of the Rosaceae family. They're rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and anticancer properties. I have been personally taking aronia berry for over a year now and I tell you my life has changed. I have more energy for my family and friends. My health has improved

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your life has changed. I have more energy for my family and friends. My health has improved greatly. My cognitive brain development has improved and I am having more peaceful sleep.

How Can I purchase Aronia Berry?

Aronia berry has been nicknamed “cure all” and I mean aronia berry delivers each and every time. There are a lot of different brands of aronia berry on the market but not all brands are created equally. Lifebrook Puronia is the best brand that you can purchase. I know you are probably thinking why this specific brand. Lifebrook uses the best harvest and not does add water to dilute the benefits of the berry. Literally, the berries are just squeezed and bottled. All it takes is 2 tablespoons of aronia berry to achieve all of these health benefits. Here is a link to purchase aronia berry <http://lifebrook.com/jereaj21>



How can I consume aronia berry?

You can add fresh aronia berries to many recipes, try them in juices, jams, and syrups, or use them as a supplement.

Nutritional Facts

Just 1 ounce (28 grams) of aronia berries provides the following nutrients:

- *Calories: 13*
- *Protein: 2 grams*
- *Fat: 0 gram*
- *Carbs: 12 grams*
- *Fiber: 2 grams*
- *Vitamin C: 10% of the Daily Value (DV)*
- *Manganese: 9% of the DV*
- *Vitamin K: 5% of the DV*



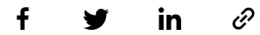
The berries also supply folate, iron, and vitamins A and E.

Comment down below if you have tried aronia berry before or now thinking about trying this amazing berry. For additional questions please book a private session with me for a consultation.

Click below to purchase and learn more about Lifebrook Products

[Click Here](#)

Aroniaberri *superfood* *health* *immune system* *hearthealth* *berry* *antio.oxidant* *mood*
sleep *fiber* *lifebrook* *vitamin*



Health & Wellness

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