

Elderberry Flavonoid and Anthocyanin Content Comparisons to other Fruits

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

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

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

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