

White Grape



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Type of Plant/Fruit:

- Thompson Seedless white grapes are considered a white variety, but have a green to light gold skin. Widely grown in the USA and Australia; it is the leading American table grape. It is also grown for making some of the best selling U.S. Golden raisins and wines. It grows in clusters, is firm yet tender, and has a pleasantly sweet, clean, refreshing taste. Juice that is made from these green colored grapes is called white grape juice.
- There are more than 50 kinds of table grapes currently grown. Fresh table grapes come in three basic colors: green, red, and blue-black. Each variety possesses its own distinct color, flavor, and texture.

Origin and Native Uses:

- The ancient Greeks disinfected battle wounds with wine made from grapes. A grape-eating regimen is popular today in parts of Europe to support cleansing the body of toxins.
- Dried grapes, or raisins, have been a favorite for many, many years to help sweeten cereal and bakery products, and are also used as a snack food. These traditional uses are noted to qualify the nutrient benefits of the plant and it is not intended to treat or cure any disease.

Form Used in Chiropractor's Choice:

- The white grape juice used in our formula is from Thompson seedless grapes grown in California. The grapes are pressed and placed directly into our formula.

Primary Ingredients and Benefits:

- White grapes contain antioxidants which have other potential benefits. Grapes support normal levels of collagen and elastin in the skin. They may support the stabilization of capillary walls, help with micro-circulation, show possible benefits for varicose veins, etc.
- Dr. John Folts M.D., at the University of Wisconsin Medical School, has been focusing on the medicinal connection that grapes may contain. His research has suggested that grapes may have a more protective anti-clotting effect than aspirin. The figures show that aspirin had anti-clotting activity of 45%, and ordinary white grape juice has anti-clotting activity of 75%.
- A study published in 2006 in the Journal of Agricultural and Food Chemistry challenges that both skin and flesh of grapes have cardioprotective potential despite vastly differing polyphenol content. "The results indicate for the first time that the flesh of grapes is equally cardioprotective as the skin, and the antioxidant potential of the skin and flesh of grapes are comparable with each other despite of the fact that flesh does not possess any anthocyanin activities," wrote the researchers, Montserrat Mitjans (et al).

References:

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