

NUTRITIONAL DATA SHEET

Nutritional profile of miracle fruit powder – Origin Ghana

Nutritional analyses conducted by our partner laboratory Mérieux NutriSciences show that Miracle Berry Powder is naturally rich in simple sugars (56.2 g/100 g), at a level comparable to dried fruits, while being low in fat (4.1 g/100 g) and sodium (19 mg/100 g). It also provides dietary fiber (4.1 g/100 g), a balanced fatty acid profile (including omega-3 and omega-6), and clear analytical traceability. This profile confirms that it is a healthy, natural ingredient suitable for health, nutrition and wellness formulations.

Nutrient	Value per 100 g
Energy (Kcal)	321 Kcal
Energy (Kj)	1355 Kj
Moisture	14.3 g
Protein	4.4g
Total lipids (fat)	4.1 g
Ash (minerals)	8.65 g
Total dietary fiber	4.1 g
Available carbohydrates	64.5 g
Total sugars	56.2 g



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Nutrient	Value per 100 g
Glucose	1.12 g
Fructose	25.7 g
Galactose	1.12 g
Sucrose	5.74 g
Sodium	19 mg
Fatty acids - Saturated	1.79 g
Fatty acids - Monounsaturated	1.19 g
Fatty acids - Polyunsaturated	1.12 g
Omega 3	0.34 g
Omega 6	0.78 g

