FermentActive Red Beet

Code FE2340 – 150 gramms

The fermentation process consumes some of the sugar that is naturally present in the beet while increasing the **bioavailability** of its nutrients. **Fermented Red Beetroot** offers considerable nutritional benefits. Add it to your smoothies, juices, yoghurts, baked goods and herbal teas.

Ingredients: Fermented red beet root (*Beta vulgaris*).

Nutritional information:	**Per serving 3 g**	**Per 100 g**
Energy (kJ/kcal)	46/11 g	1 506/360 g
Fat	0,1 g	4,5 g
Saturates	0,0 g	0,5 g
Carbohydrate	0,7 g	24,0 g
Sugars	0,7 g	23,0 g
Fibre	1,0 g	30,0 g
Protein	0,5 g	16,0 g
Salt	0,1 g	3,2 g

Contains only natural occurring sugars

Size and format:

150 g.

Recommended daily dose:

1 teaspoon (3 g) per day

Do not exceed the stated recommended daily dose.

Indications and uses:

- It improves endurance during physical exercise.
- It reduces blood pressure and systemic inflammation.
- It boasts antioxidant properties.

New Roots Herbal's Fermented Red Beetroot offers a wide range of nutrients, as well as considerable health benefits.

The fermentation process reduces the sugar that is naturally present in the beet and increases the bioavailability of its nutrients.

With a slightly sweet and subtly earthy taste, fermented red beetroot can be used as a post-workout energy drink or to boost the nutritional quotient of soups, stews or sauces. It is also an excellent natural substitute for artificial colouring when baking cakes.

The main benefits that are offered by fermented foods are indicated below:

- Water-soluble forms are produced, which result in improved digestion and, likewise, the acidification process results in improved mineral absorption.
- A rebalanced nutritional profile due to the reduction of sugar content and the increase in proteins and polyunsaturated fatty acids.
- Bioactive forms are created that do not require metabolisation.
- A probiotic effect is produced, which improves intestinal flora and digestibility, supplies vitamins and supports the immune system.
- Pathogenic organisms are eliminated through bacteriocins or the lactic acid that is generated in the process, and anti-nutritional or potentially harmful substances are inhibited.
- Fermented foods are not only preserved for long periods of time, but they also acquire unique and enhanced organoleptic and nutritional properties.

FERMENTED RED BEET:

Benefits of fermentation:
Red beets undergo a natural fermentation process that significantly reduces their sugar content and increases the bioavailability of other nutrients[1].

Traditional use:
A fermented drink called Kvass, used for centuries as a general tonic, has been consumed traditionally in Eastern Europe.

Health applications:
It contains nitrates that improve endurance during physical exercise[2-5], reduce blood pressure and systemic inflammation[6].

There is currently great interest in the anti-cancer effect of betalains in beetroot due to their antioxidant properties[7].

References:

1) Koubaier, Hayet Ben Haj, et al. "Effect of *Saccharomyces cerevisiae* fermentation on the colorants of heated red beet root extracts." African Journal of Biotechnology 12.7 (2013).
2) Murphy, Margaret, et al. "Whole beet root consumption acutely improves running performance." Journal of the Academy of Nutrition and Dietetics 112.4 (2012): 548-552.
3) Bailey, Stephen J., et al. "Dietary nitrate supplementation reduces the O2 cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans." Journal of applied physiology (2009).
4) Bescós, Raúl, et al. "Acute administration of inorganic nitrate reduces VO (2peak) in endurance athletes." Med Sci Sports Exerc 43.10 (2011): 1979-86.
5) Vanhatalo, Anni, et al. "Acute and chronic effects of dietary nitrate supplementation on blood pressure and the physiological responses to moderate-intensity and incremental exercise." American Journal of Physiology-Heart and Circulatory Physiology (2010).
6) Asgary, Sedigheh, et al. "Improvement of hypertension, endothelial function and systemic inflammation following short-term supplementation with red beet (*Beta vulgaris* L.) juice: a randomized crossover pilot study." Journal of human hypertension 30.10 (2016): 627.
7) Kapadia, Govind J., and G. Subba Rao. "Anticancer effects of red beet pigments." Red Beet Biotechnology. Springer, Boston, MA, 2013. 125-154.