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New Found Healthful Values of Pure Maple Syrup

Maple Syrup has been shown to not only taste great, but be good for you too. Two new scientific discoveries based on Canadian maple syrup show that Pure Maple Syrup can be good for you. These studies build on recent findings on the nutritional value of maple products, which have revealed both the antioxidant properties of maple syrup as well as the discovery of substantial quantities of abscisic acid. Abscisic acid is a phytohormone known to stimulate insulin release through pancreatic cells and to increase sensitivity of fat cells to insulin, which makes it a potent weapon against metabolic syndrome and diabetes.

The first of these new discoveries comes from the work of renowned American researcher Navindra Seeram from the University of Rhode Island. He has found 13 new antioxidant compounds which were not known to exist in syrup until now. Published reports have documented the anti-cancer, antibacterial and anti-diabetic properties of these antioxidant compounds. Dr Seeram, who was named 2009 Young Scientist of the Year by the American Chemical Society (ACS), presented his findings on Canadian maple syrup at the ACS Annual Meeting in San Francisco.

The second new discovery comes from findings in the article “Antioxidant Activity, Inhibition of Nitric Oxide Overproduction, and In Vitro Antiproliferative Effect of Maple Sap and Syrup from *Acer Saccharum* (maple tree)” published in the recent edition of the Journal of Medicinal Food. Cell models suggest that maple syrup can substantially slow the growth of cancerous cells in the prostate and lungs and to a lesser extent in the breast, colon and brain. In addition, it would seem that they do this more effectively than blueberries, broccoli, tomatoes and carrots. These findings are a milestone in maple research as they represent the first indication that the compounds found in maple syrup such as the antioxidant compounds found by Dr Seeram can have real physiological benefits to our health. These conclusive findings call for further research on Quebec and Canadian maple products. These two research projects were made possible thanks to funding given by the Conseil pour le développement de l'agriculture du Québec (CDAQ). CDAQ is financed by Agriculture and AgriFood Canada. The study have also been funded by Agriculture and AgriFood Canada' support programs for science and innovation which are aimed at encouraging collaboration between the agricultural and industrial sectors, the government and universities so that new opportunities for strategic innovation are identified more quickly.

Credit: *These studies were conducted with Canadian maple syrup and financed by the Québec maple producers and by the Canadian/Québec governments. Above was taken from Geneviève C. Béland of the Federation of Quebec Maple Syrup Producers. http://www.siroptderable.ca/Communiqués_home.aspx*

Note: *There is no information to suggest that Canadian maple syrup and syrup produced anywhere else in North America is different.*