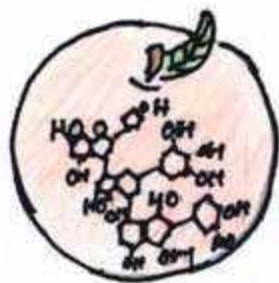


## < Purpose >

When I examined the apple, that is also symbol of Aomori, "Prime Apple" was found on each site, So I got interested in it and decided to investigate about the "Functionality of prime Apple"

I investigated further, I found not only good points but some problems, So we will introduce them in leaflet form.



## < Summary >

We investigated about "Prime Apple".

We found a new side of the apple, but there weren't processed foods yet.

As a fault, We have found that the effect of procyanidins fade when processed.

I think we don't know "Prime Apple" because it isn't so famous. In other words, it is not yet well known.

Now, people are studying processed apples.

They are experimenting to keep procyanidins active.

If the study is completed, the possibility about Prime Apple is spread. So we want Prime Apple to spread more.



New

Functional food  
Prime apple

1925 Fudo Tsubomi

1926 Fudo Yumoto

1927 Fudo Aizu

1928 Fudo Fudo

Hirosaki Minami

high school

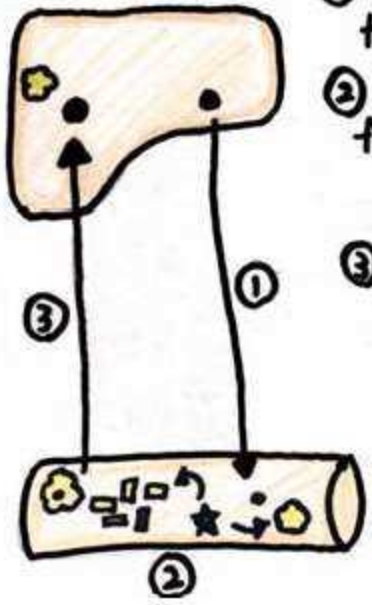
# <Functional Food>

This is a food that displayed functionality based on scientific evidence. That is responsibility of the business man. There are three conditions.

- ① Is it safe
  - ② Is there basis for functionality
  - ③ There is no falsity in the display
- (Example)

- ★ KARADA 16 Tea
- ★ KARADA Calpis
- ★ Gaseri Fungus sp Yogurt
- ★ KARO Mitt
- ★ Super C.C. / lemon

## <Normal>



- ① Gallbladder go to the small intestine
- ② Lipase break down fat. And get entangled the gallbladder.
- ③ Gallbladder come back to liver with fat.

# <What's Prime Apple>

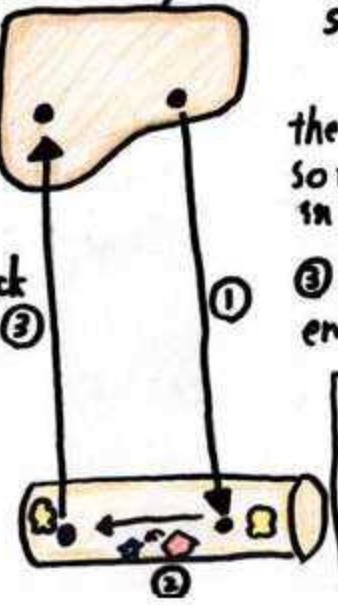
This is a functional food sold as an apple.

Procyanidin, which only Prime Apple has suppresses that action of lipase, which break down fat.

Thereby, Fat is not absorbed by small intestine and flow without getting entangled the gallbladder.

There fore, Visceral fat is red reduced.

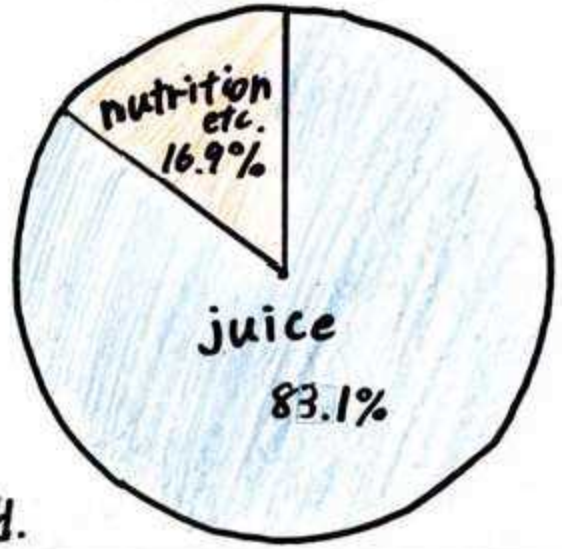
## <In Procyanidin>



- ① Gallbladder go to the small intestine.
- ② Procyanidins suppress the action of lipase. so fat doesn't break down in small intestine and flow.
- ③ Fat isn't getting entangled and back to liver.

- ... gallbladder
- ★ ... Lipase
- ... Fat
- ◇ ... procyanidin

# <Eating part>



## <Main nutrition>

- Carbohydrate 16.2g
- Vitamin C 6mg
- Dietary fiber 1.9g
- Magnesium 5mg
- Protein 0.2g
- Phosphoric 12mg
- Lipid 0.3g
- Calcium 4mg
- energy 61kcal
- Potassium 120mg

Nutrition per 100g of portion we can eat. Mostly juice. High in potassium.