

# RAINFOREST SUPPLY

PURVEYOR OF FINE SUPERFOODS

## Plum Powder Freeze Dried

Origin Chile, Ecuador, Bolivia

Natural, Single Ingredient

Reviewed  
10/2025

<b>Ingredient</b>	Raw plum
<b>Process</b>	Freeze dried
<b>Fineness</b>	95% passes Mesh No. 40 (420µm)
<b>Moisture</b>	< 4%
<b>Color</b>	Typical plum
<b>Flavor</b>	Up to standard
<b>Sterilization</b>	None, not sterilized by fumigation nor irradiation
<b>Availability</b>	Inventory is kept at warehouse in South Florida
<b>Shelf Life</b>	12 months
<b>Packaging</b>	2 lb, 5 lb and 11 lb bags, retail and bulk sizes available complying with international standards

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>100 grams (100 g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 93g	<b>34%</b>
Dietary Fiber 73g	<b>261%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0.5g	<b>1%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3.6mg	20%
Potassium mg	0%
Vitamin A 950IU	19%
Vitamin C 15mg	17%
Vitamin B6 0.3mg	18%
Magnesium 80mg	19%
Copper 0.15mg	17%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

100% Real. Absolutely & irrefutably natural. No hidden sugars, substitute sugars, fillers, gums, artificial flavors or petroleum based food dyes. We find, qualify, and supervise all of our suppliers to offer the best quality and value. Verifying certifications as well as claims, traceability, food safety, tracking harvesting dates, reviewing processes, and being vigilant on storage while continually auditing and spot-checking to keep our quality consistent. Rainforest Supply and its facilities are registered with the U.S. FDA pursuant to the Federal Food Drug and Cosmetics Act. References to the rainforest are thematic, all of our products are sustainably and ethically sourced.

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