



Research Article

BIRCH WATER - THE UNAWARE SUPERDRINK

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ARTICLE INFO	ABSTRACT
<p>Article History: Received 15th December, 2016 Received in revised form 17th January, 2016 Accepted 19th February, 2016 Published online 28th March, 2016</p> <p>Keywords: Unaware Superdrink, Birch Water</p>	<p>Though birch extract has been used for centuries as a herbal remedy. Many state it as a plethora of health benefits. It is known for helping in kidney function, cholesterol reduction etc. Birch water is a type of traditional drink which can be used as a medicinal ingredient in parts of Canada, China and Eastern Europe. The sap is collected from the birch trees at the finish of winter season.[1]</p>

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INTRODUCTION

Birch water is a purely extracted sap from the birch tree. It is a genuinely a 100% natural water that people in rural Europe have been enjoying for centuries as a natural detox product. It is a sort of medicinal ingredient in Finland. It is filtered from the roots right up through the trunks of birch trees, the water in the form of sap collects vital minerals and vitamins and is full of manganese which acts as an antioxidant. Birch water procuring is difficult hence the water has to be outsourced from multiple local small scale harvests.[2]

Production

There is only one time of the year that is the early spring to harvest the liquid. It can be collected by driving taps into the base of the trunk or by cutting off the end of one of the branches and attaching a bottle.



Fig 1 Collection of birch sap from tree

The tree also contains compounds called saponins that are source to help reduce cholesterol by binding and removing excess levels from the body. [3] It also acts as an anti-inflammatory agent in the body. Commercial process is same as that of coconut water.

Major Brands Available

Sr. No.	Company	Variant	SKU	Packaging	CBX	Price	Country	Remark
1	Sealand Birk	Original	330ml	PET Bottle	10x330ml	£ 13.39/Case	UK/Australia	Carbonation
2	Sealand Birk	Ginger Lime	330ml	PET Bottle	10x330ml	£ 13.39/Case	UK/Australia	Carbonation
3	Sealand Birk	Blueberry	330ml	PET Bottle	10x330ml	£ 13.39/Case	UK/Australia	Carbonation
4	TAPPED	Original	250ml	Paper Can	15x250ml	£ 38.59/Case	London	Organic
5	TAPPED	Bilberry & lingonberry	250ml	Paper Can	15x250ml	£ 38.59/Case	London	Organic
6	TAPPED	Apple/Root ginger	250ml	Paper Can	15x250ml	£ 38.59/Case	London	Organic
7	Belseva Organic	Ginger Lime Apple	330ml	Tetrapack	12x330ml	£ 27.89/Case	France	Organic
8	TreeVitalise organic	Lemon	250ml	Glass Bottle	15x250ml	£ 30.49/Case	Kent	Organic
9	Sibberri	Original	300ml	Glass Bottle	15x300ml	£ 38.59/Case	London	Organic

Suitability & Claims

Birch sap (water) benefits:

- Weight management, people who suffer from water retention or those who start stagnating after having weight loss.
- Before and during exercise for sports people or later for recovery
- Stressed people due to overload.
- Vitality for the adults and acts as a stimulant regarding skeletal, muscle and excretory system.
- It has a balance of electrolytes same as coconut water but has four times less sugar 0.8gm per 100ml.[4]

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- It has 50% of daily recommended manganese in 100 ml alongwith small quantities of calcium, potassium, magnesium and iron.

Birch sap is also ideal for those who

- Consume plenty of industrially-manufactured foods
- Have a unhealthy liver
- Excess alcoholic
- Smoke regularly
- Weak immunity
- High medication, such as statins, hyper tensors, antidepressants, anti-inflammatory drugs, cortisone, and/or analgesics. [5]
- Constipation problem

Possible Applications

- Juice
- Fruit Drink
- Birch Sap
- Organic Water
- Syrup
- Sugar
- Wine & Alcoholic Drink
- Health Drink

CONCLUSION

It would help to eliminate toxins from the body if consumed regularly. It is a drink that one can really drink guilt free since it is extremely low calorie and the sugar in it is predominately fructose (not glucose), and xylitol.

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