



Mango (*Mangifera indica*)

Rejuvenate with the goodness of Mango

Packed with **anti-stress** B complex vitamins

High in **carotenoids** making it an ideal **Summer food**

Rich source of **essential nutrients** for a **healthy lifestyle**

Very **low** in saturated fat, cholesterol and sodium

Replenish all those vitamins, essential nutrients and boost your energy levels with mouth-watering mango. Packed full of vitamins and minerals mangoes are one of nature's most delicious, yet nutritious foods. Further more, mango is very low in saturated fats, cholesterol and sodium. Who would have thought that something so scrumptious could be so good for you!

NU Mango

Not only are mangoes an excellent source of vitamin C (a single fruit pretty much fills an adult's daily vitamin C requirement), they also have one of the highest concentrations of vitamin A for any commercial fruit on earth! Mangoes also contain B-complex (anti-stress) and E vitamins, magnesium, potassium, phosphorus, selenium, folic acid (folate), and zinc. Plus they are a good source of dietary fibre - an average sized mango can contain up to 40% of your daily fibre requirement.

For those of you who are physically active, whether working out or constantly on the go, mangos are also a great way to replenish much needed nutrient. Also deliciously rich in anti-oxidants, mango is the perfect fruit! Truly 'the king of fruit'.

Mangoes are an ideal Summer food as they possess elevated levels of many carotenoids, especially Betacarotene, which has a protective effect against the

harmful rays of the sun. So by having a refreshing mango smoothie on those hot sunny days, you really are protecting your body—both inside and out!

Every part of the mango is beneficial and has been utilised in folk remedies in some form or another. Whether the bark, leaves, skin or pit; all have been concocted into various types of treatments or preventatives down through the centuries. Especially interesting is the fact that mangos contain an enzyme with stomach soothing properties similar to papain found in papayas, which act as a digestive aid.

As is the case with many countries in the tropics, mangoes are plentiful in Brazil. In our search for NU Fruits of the Amazon, we couldn't overlook the nutritious properties and mouth-watering taste of the mangoes of this region.

