



Papaya (*Carica papaya*)

Sweet juicy pulp, ideal for starting your day

Rich source of **folate**, an essential vitamin necessary for the production and maintenance of new cells

100% **natural**

Rich orange/red colour is a testament to its potent **antioxidant** capacity

Valued as a **digestive aid**

The sweet, flavour, and texture of the papaya fruit is avidly sought after world-wide. Considered something of a luxury fruit, papaya also has a high nutrition value; one serving of papaya will meet about 20% of an adults daily folate needs, and provides about 75% of an adults daily vitamin C needs, an excellent percentage for any food!

NU Papaya

Native to the tropical lowlands of eastern Central America, papaya (also known as pawpaw) in its present form today has evolved after millennia of human selection. Cultivated over the centuries for its ripe fruits, Papaya is favoured in the tropics as a breakfast fruit and as a juice.

Papaya's deep orange and succulent pulp is silky smooth, with a tangy sweet-tart flavour, that makes it excellent for low-calorie smoothies. Nutritionally papaya plays an important role in a healthy diet, since it is high in ascorbic acid (vitamin C), folate (vitamin B) as well as in Vitamin A. In addition, it has small amounts of calcium, iron, potassium, thiamine, riboflavin and niacin.

Papaya has remarkable medicinal virtues which were fully recognised even in ancient times. It is not only one of the most easily digested fruits, but it also aids the digestion of other foods. According to the U.S.

Department of Agriculture "it is well recognised that the Papaya contains peculiar and valuable digestive properties, which make it of great value in the diet."

As well as being applied traditionally to help several types of skin disorders, papaya juice is also used as a cosmetic, believed to help remove freckles or brown spots due to exposure to sunlight and to make the skin smooth and delicate.

Fresh papaya juice mixed with honey can also be applied with beneficial results over inflamed tonsils for diphtheria and other throat disorders. It dissolves the membrane and prevents infection from spreading.

So it can certainly be said that papaya is good for you both inside and out!

