



## Mango

- 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

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

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 fiber.

Mangoes are an ideal Summer food as they possess elevated levels of many carotenoids, especially Beta-carotene, 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!

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

The two most common varieties of mango cultivated in Brazil are the UBA - with its strong and pungent unique taste and Tommy Atkins - more accepted in the international markets. Mango contains vitamins A, B and C, calcium, phosphorus, potassium and carbohydrates. It provides skin and mucous membrane protection. Plays an essential role in the retinal function, promotes healthy gums, strong blood vessels, fights colds and contains anti-carcinogenic properties.

**Thank you for your business!**

**ENJOY YOUR SUBLIME FOOD!**

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