

# **ALL YOU NEED IN ECUADOR**

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# DRAGON FRUIT - PITAHAYA

The dragon fruit, is also known as "pitaya" or "pitahaya", which was discovered for the first time in the wild by the Spanish conquerors in Mexico, Colombia and Central America. Those who see it give it the name of "Pitahaya" which means "scaly fruit".

There are 2 varieties, the yellow dragon fruit cultivated in subtropical zones of South America and the red dragon fruit.

# **Nutrition Facts**

Serving Size 1 medium dragon fruit

| Total Fat Water 8 Protein Sodiummg                                       |           |
|--|-----------|
| Total Fat Water 8 Protein Sodiummg Total Carbohydrate Dietary Fiber      |           |
| Total Fat  Water 8  Protein  Sodiummg  Total Carbohydrate  Dietary Fiber | 54        |
| Water 8 Protein Sodiummg Total Carbohydrate Dietary Fiber                | ily Value |
| Protein  Sodiummg  Total Carbohydrate  Dietary Fiber                     | 0.40g     |
| Sodiummg Total Carbohydrate Dietary Fiber                                | 4.40%     |
| Total Carbohydrate  Dietary Fiber  | 1.4g      |
| Dietary Fiber  | 60mg      |
|  | 13.20g    |
| Sugars   | 0.5g      |
|  | 8g        |
|  |           |
| Vitamin C  | 8mg       |

| Vitamin C  | 8mg   |
|------------|-------|
| Phosphorus | 26mg  |
| Calcium    | 10mg  |
| Iron       | 1.3mg |
|            |       |

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your



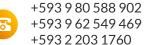


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#### **BENEFITS**

- It has laxative properties.
- Delays cellular aging.
- Strengthens the immune system.
- Stimulates the production of white blood cells, red blood cells and platelets.
- Can prevent arteriosclerosis.
- It helps us regulate the instestinal transit.
- Reduces the risk of suffering cerebral and cardiac infarction.
- · Reduces levels of uric acid or gout.
- It helps us prevent kidney stones.
- It is ideal to control weight because it contains low levels of calories, helps cleanse the blood by releasing it from fats, is appropriate to reduce cholesterol and helps bone formation and maintenance.

#### **PROPERTIES**

This fruit is rich in Vitamin C, it also contains vitamins of group B (such as B1 or thiamine, B3 or niacin and B2 or rivoflavin), minerals such as calcium, phosphorus, iron, and has high water content and possesses vegetable protein and soluble fiber. The seeds, which are edible, contain beneficial fatty acids.



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