



ALL YOU NEED IN ECUADOR

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MANGO

The mango is a tropical yellow fruit, edible and sweet or sour taste, is a fruit known as the king of tropical fruits. The mango is a fruit that looks like a kidney, is oval and elongated. Its shell or skin has a degradation of colors between dark green, light green, yellow and intense red depending on the type. Even the skin color does not indicate its degree of maturity but it defines the variety of the fruit.



Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0.4g

Saturated fatty acids 0.1g

Polyunsaturated fatty acids 0.1g

Monounsaturated fatty acids 0.1g

Protein 0.8g

Sodium 1mg

Total Carbohydrates 15g

Dietary Fiber 1.6g

Sugars 14g

Vitamin A 1.082iu

Vitamin C 36.4mg

Vitamin B6 0.1mg

Calcium 11mg

Iron 0.2mg

Magnesium 0mg

Potassium 168mg

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



Lotización Puertas de Alcalá
Pasaje S/N, Lote 1. La Planicie
Quito - Ecuador



sales@allyouneedinecuador.com
allyouneedecuador2019@gmail.com



+593 9 80 588 902
+593 9 62 549 469
+593 2 203 1760



THINK
BEFORE
TOPRINT



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MANGO

BENEFITS

- Fight against cancer.
- Vision care.
- Digestive.
- Benefits for the skin.
- Help against diabetes.
- Beneficial to combat anemia.
- Improve memory.

PROPERTIES

Multiple properties, it is rich in amino acids, vitamins C and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium and potassium.



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