



ALL YOU NEED IN ECUADOR

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MANGOSTEEN - MANGOSTÁN

The mangosteen, also called mangostana garcinia, mangosteen or jobo from India, is the fruit of a tropical tree that grows in Southeast Asia and is considered one of the most potent antioxidants in nature. It is a fruit with a hard and spherical crust, which acquires a color between red and purple when it is at his optimum ripeness point, becoming soft and easy in April. This fruit has a bittersweet taste, similar to a citrus.



Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 73

% Daily Value*

Total Fat 0.58g

Protein 0.41g

Water 80.69%

Total Carbohydrates 17.91g

Dietary Fiber 1.8g

Sugars n.n gr

Vitamin A <50iu

Vitamin C 7.2mg

Phosphorus 9.21mg

Calcium 5.49mg

Iron 0.17mg

Magnesium 13.9mg

Potassium 48mg

*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



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BENEFITS

- It has a high antioxidant power, which causes it to eliminate free radicals, causing cell aging and cancer.
- There are 84 types of xanthonenes in its composition (aloe contains 3 xanthonenes), which are biologically active molecules that fight against viruses, fungi, bacteria and parasites.
- Contains high levels of potassium.
- It is considered antibacterial, antiviral and fungicidal. Increases defenses and contains vitamin B12.
- It has anti-inflammatory, anti-allergic and anti-tumor properties.
- The pulp and rind of this fruit is rich in hydroxy citric acid (HCA) that inhibits the creation of fat, prevents excess blood cholesterol.
- Its high potassium content

PROPERTIES

This fruit provides elements such as fiber, hydroxycitric acid, calcium, quinones, phosphorus, phenols, potassium, stilbenes, B vitamins, vitamin C, catechins and xanthonenes that are phytonutrients



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