



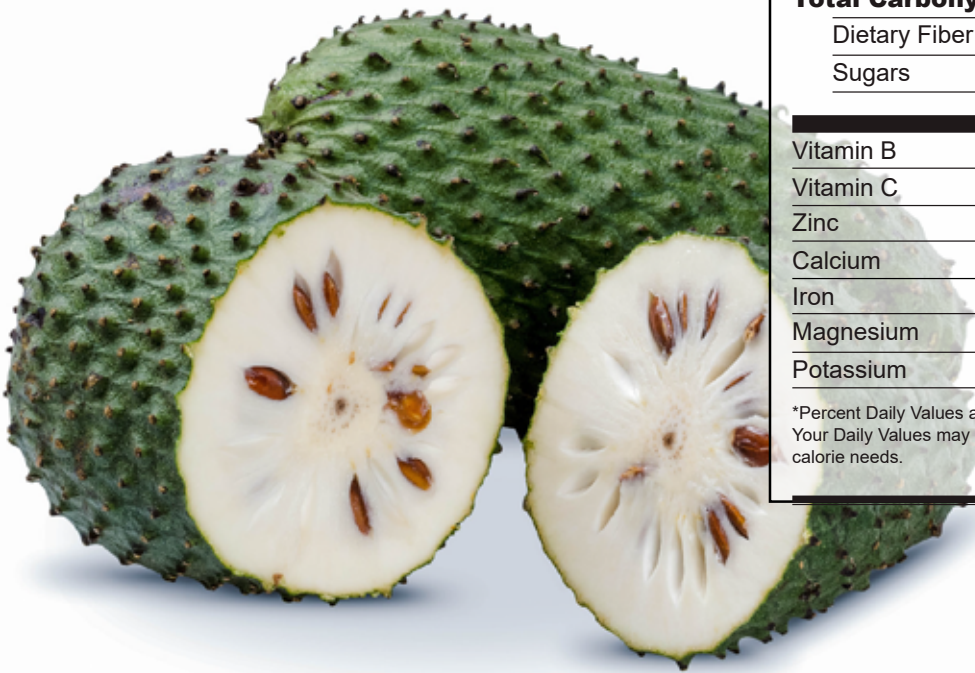
# ALL YOU NEED IN ECUADOR

[www.allyouneedinecuador.com](http://www.allyouneedinecuador.com)

## SOURSOP - GUANÁBANA

Soursop is a delicious fruit native from Peru, is the fruit of a tree of the Annonaceae family, and is known in some regions of South America as graviola.

This fruit is characterized by a prickly green rough bark and a very soft whitish pulp with large black seeds.



<b>Nutrition Facts</b>	
Serving Size	100g
<b>Amount Per Serving</b>	
<b>Calories</b>	66
<b>% Daily Value*</b>	
<b>Total Fat</b>	0.3g
<b>Protein</b>	1g
<b>Sodium</b>	14mg
<b>Total Carbohydrates</b>	16.84g
Dietary Fiber	3.3g
Sugars	13.54g
Vitamin B	0.059mg
Vitamin C	20.6mg
Zinc	0.1mg
Calcium	14mg
Iron	0.6mg
Magnesium	21mg
Potassium	278mg

\*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](mailto:sales@allyouneedinecuador.com)  
[allyouneedecuador2019@gmail.com](mailto:allyouneedecuador2019@gmail.com)



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



THINK  
BEFORE  
TOPRINT



All you need in Ecuador



@allyouneedinecuador



[allyouneedinecuador.com](http://allyouneedinecuador.com)



# ALL YOU NEED IN ECUADOR

[www.allyouneedinecuador.com](http://www.allyouneedinecuador.com)

## SOURSOP - GUANÁBANA

### BENEFITS

- Combat hypertension (when blood pressure is too high).
- Combat asthma (obstructive pulmonary disease characterized by cough).
- Combats cancer (set of diseases that lead the body to produce malignant cells).
- Fight diabetes (increase in blood glucose).
- Combats liver disorders.
- Combats tumors (alteration of tissue that produces an increase in volume).
- Insecticide: the leaves and root are used. (Help eliminate pesky insects like mosquitoes)
- Amebicide, the bark (fight parasites such as for example the intestinal worm).
- Vermifuge, bark and leaves (is the power to kill all kinds of worms).
- Pectoral, flowers and leaves (cure all kinds of diseases of the chest such as asthma, bronchitis among others).
- Antidiabetic, leaves (used to control and cure diabetes and prevent it).
- Vasodilator, leaves (prevents and corrects bad circulation as well as spills).
- Sedative, leaves (helps calm the nerves as well as good sleep).

### PROPERTIES

It provides mineral salts, potassium, phosphorus, iron, calcium, lipids, has a high caloric value due to the presence of carbohydrates; It is also rich in vitamin C and provitamin A, as well as vitamin B.



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



[sales@allyouneedinecuador.com](mailto:sales@allyouneedinecuador.com)  
[allyouneedecuador2019@gmail.com](mailto:allyouneedecuador2019@gmail.com)



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



THINK  
BEFORE  
TOPRINT



All you need in Ecuador



@allyouneedinecuador



[allyouneedinecuador.com](http://allyouneedinecuador.com)