

THE OF ING OF ERUITS

MANGO BENEFITS

- Very low in saturated fat, cholesterol, and sodium.
- Excellent source of dietary fiber
- Vitamin powerhouses: rich in B-vitamins, vitamin A, vitamin C, vitamin E, and vitamin K.
- Anticancer Potential
- Contains lupeol, which has antioxidant and antiinflammatory properties
- Rich in iron, which makes them beneficial for people suffering from anemia
- Boost Immunity
- Manage Diabetes
- Eye Health
- Hair Care
- Promote Brain Health
- Delay Aging
- Reduce Acne
- Useful in Pregnancy

