

CURIOSITY
NUTRITION
BALANCE
LONGEVITY
A MORE
HUMAN FUTURE

FOOD
SCIENCE
NATURE
PEOPLE
A BRIGHTER
TOMORROW



AXIA
COGNITIVE™

ENGINEERED HYDRATION. COGNITIVE CLARITY. BEHAVIOURAL FREEDOM.

THE PEACH

A 4 PART RESEARCH SERIES

NATURE'S COLOURS. NATURE'S BALANCE.



ORIGINS • DIVERSITY • PHYTONUTRIENTS • HYDRATION

From ancient origins to modern nutrition, this four-part series explores the peach through history, variety, phytochemistry and hydration.

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ASIA

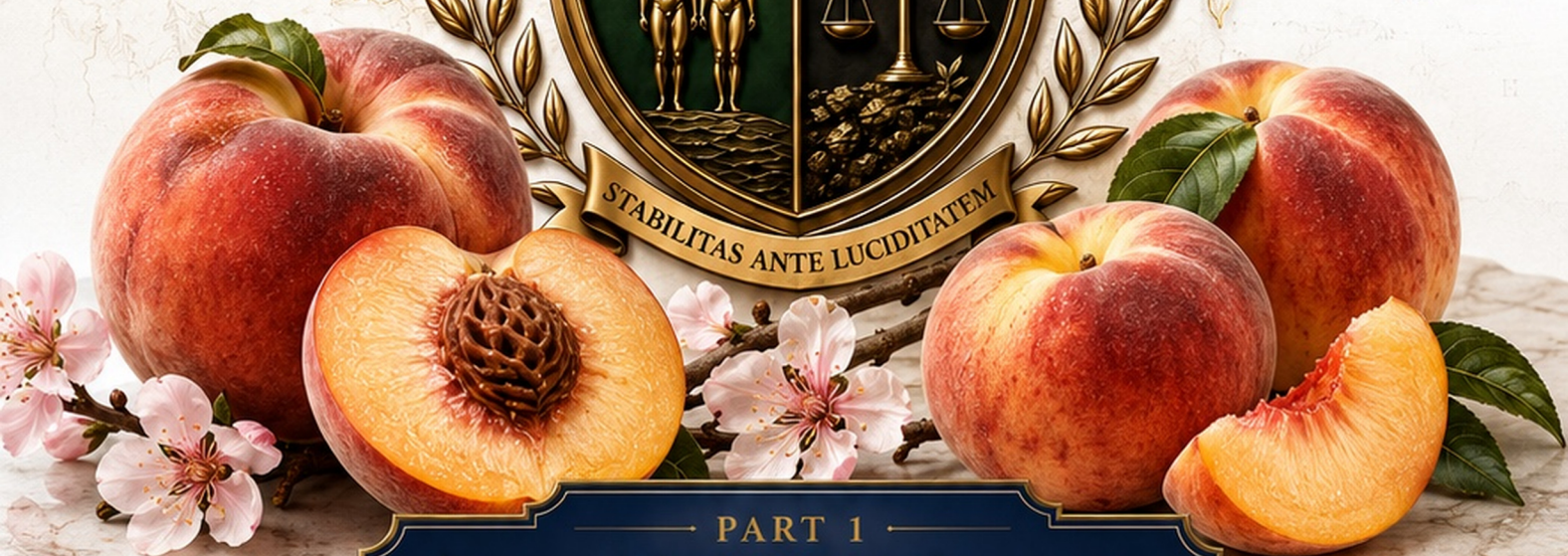
CHINA

HIMALAYAS

GOBI DESERT

YELLOW
SEA

EAST CHINA
SEA



PART 1

OLDER THAN THE ORCHARD

ORIGINS • HISTORY • CULTIVATION



ANCIENT ROOTS

Born in China over 4,000 years ago, the peach was a sacred symbol of immortality and good fortune.



THE SILK ROAD

Peaches travelled west along ancient trade routes, treasured for their beauty, sweetness and nourishment.



A NAMED LEGACY

Known to the Persians as the 'Persian apple', the peach earned the scientific name *Prunus persica*.



CULTURAL ICON

Celebrated by Greeks and Romans, the peach became a symbol of love, elegance and abundance.



TIMELESS FRUIT

From poetry to painting, the peach continues to inspire—an enduring emblem of summer and harmony.

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NATURE'S COLOURS. NATURE'S BALANCE.

◆ PART 2 ◆

ONE FRUIT, MANY FORMS

YELLOW • WHITE • FLAT • NECTARINE

A look at the extraordinary diversity within the peach family: yellow- and white-fleshed peaches, clingstone and freestone varieties, flat/doughnut peaches, and nectarines. This gives us room to explain how colour, acidity, texture and genetics differ.

◆ THE PEACH FAMILY DIVERSITY ◆

YELLOW PEACHES

VIBRANT & CLASSIC



The most common peaches, with golden flesh from carotenoids like beta-carotene. Typically sweeter with lower acidity and a soft, juicy texture.



PROFILE

- Sweeter
- Less acidic
- High in beta-carotene
- Juicy • Aromatic

WHITE PEACHES

DELICATE & FLORAL



White flesh ranges from creamy white to blush pink. Often more aromatic with a delicate, floral flavour and higher acidity.



PROFILE

- Higher acidity
- Floral • Aromatic
- Delicate • Refreshing

FLAT (DONUT) PEACHES

UNIQUE & TENDER



Also called Saturn or donut peaches. Known for their sweet flavour, thin skin and tender, melting texture. Often freestone.



PROFILE

- Very sweet
- Thin skin • Tender
- Often freestone

NECTARINES

SMOOTH & VERSATILE



Genetically similar to peaches but with smooth skin. Available in yellow or white flesh. Typically firm, juicy and slightly less fuzzy—perfect for on-the-go.



PROFILE

- Smooth skin
- Firm • Juicy
- Yellow or white flesh

◆ WHAT MAKES THEM DIFFERENT? ◆



GENETICS

Small genetic variations influence skin texture, flesh colour, flavour, acidity and shape.



COLOUR & PIGMENTS

Yellow flesh comes from carotenoids; white flesh has lower carotenoid levels and more phenolics.



ACIDITY & FLAVOUR

White peaches are usually more acidic and aromatic; yellow peaches are sweeter and milder.



TEXTURE

From firm and crisp to soft and melting—texture varies by variety and ripeness.



CLINGSTONE VS FREESTONE

Clingstone flesh sticks to the pit; freestone releases easily—ideal for fresh eating or cooking.

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ORIGINS IN CHINA

Peaches were first cultivated in China over 4,000 years ago and have since travelled the world, becoming a symbol of longevity, prosperity and harmony.

EATING THE SKIN



Boosts antioxidant intake



Increases total polyphenol consumption



Adds fibre and phytochemical diversity



Supports overall nutritional synergy

WHITE PEACHES



Delicate, floral and subtly sweet with a soft elegance.

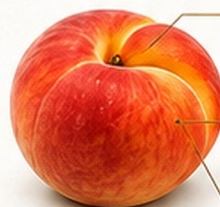
YELLOW PEACHES



Classic, juicy and vibrant with a rich, tropical sweetness.

SKIN MATTERS

Nutrients are concentrated in and just beneath the skin.



Skin
Rich in polyphenols, vitamin C and antioxidants

Flesh (near skin)
Higher in phenolics than the inner flesh

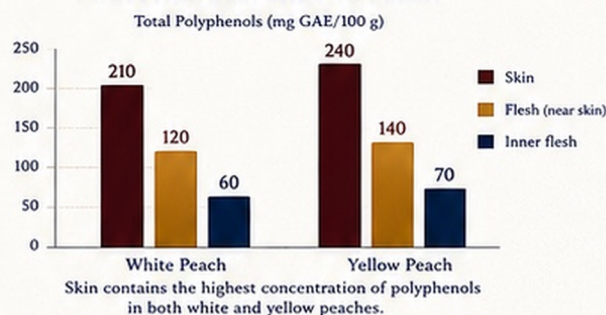
Inner flesh
Higher in water and natural sugars

NUTRITIONAL COMPARISON (PER 100 g EDIBLE PORTION)

NUTRIENT / COMPOUND	WHITE PEACH (avg.)	YELLOW PEACH (avg.)	NOTES
Energy (kcal)	39	39	Similar overall energy
Vitamin C (mg)	6.4	6.6	Skin contains up to 2-4x more
Carotenoids (µg)	0	326-670	Yellow flesh is rich in carotenoids
Total Polyphenols (mg GAE)	82-150	136-240	Varies by cultivar and maturity
Flavonoids (mg)	18-35	25-60	Higher near skin
Dietary Fibre (g)	1.5-2.0	1.5-2.1	Skin adds additional insoluble fibre
Potassium (mg)	190	190	Minerals broadly similar
Water (%)	85-87	85-87	Similar across varieties

Values are approximate and vary by cultivar, ripeness and growing conditions.
GAE = Gallic Acid Equivalents.

POLYPHENOLS: SKIN VS FLESH



KEY PHYTOCHEMICALS & THEIR BENEFITS



VITAMIN C

Powerful antioxidant that supports immune function, collagen synthesis and overall cellular health.



CAROTENOIDS

Give yellow peaches their colour. Support eye health, immune function and act as important antioxidants (carotenoids are minimal in white flesh).



POLYPHENOLS

Potent antioxidants concentrated in the skin and near-skin layer. Support cardiovascular health and help reduce oxidative stress.



FLAVONOIDS

A class of polyphenols that contribute to anti-inflammatory and vascular health benefits.



FIBRE

Supports digestive health, satiety, healthy blood sugar management and the microbiome.

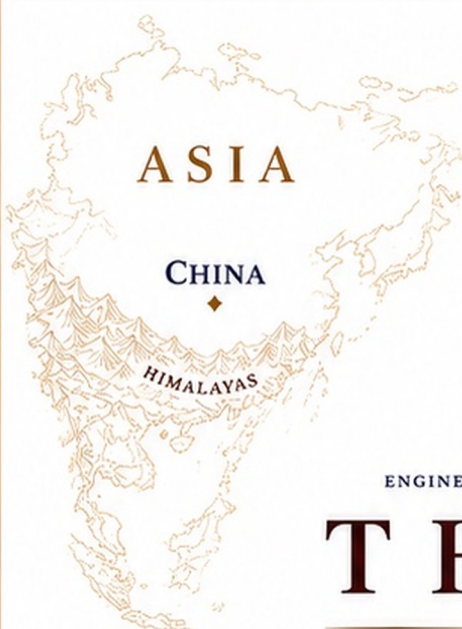


SKIN BENEFIT

Eating the skin increases antioxidant intake, vitamin C, polyphenols and fibre — creating a more complete nutritional profile.

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THE PEACH

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NATURE'S COLOURS. NATURE'S BALANCE.

PART 4

THE PEACH & HYDRATION

WATER • ELECTROLYTES • DIGESTION • THE SUMMER FRUIT

Peaches are roughly 85–90% water, making this the natural AXIA hydration chapter. We explore their water content, potassium, natural carbohydrates, fibre and where peaches realistically fit within hydration and recovery — while separating genuine nutritional benefits from exaggerated claims.



WATER CONTENT



Peaches are
85–90% water.
≈87%

NATURAL ELECTROLYTES



Good source of
potassium, a key
electrolyte lost in
sweat.

NATURAL CARBOHYDRATES



Provides quick,
easily digestible
natural sugars for
energy.

DIETARY FIBRE



Supports healthy
digestion, regularity
and a balanced
gut microbiome.

LOW IN CALORIES



Nutrient-dense and
satisfying with
relatively low
calories.

NATURE'S HYDRATION FRUIT

With high water content, essential electrolytes and natural compounds that support digestion, peaches are the perfect summer ally.

HYDRATION NUTRITION PROFILE (per 100 g edible portion)

Water	85–90 g
Energy	39 kcal
Potassium (K)	190 mg
Sodium (Na)	5 mg
Magnesium (Mg)	9 mg
Calcium (Ca)	6 mg
Natural Carbohydrates	8–10 g
Dietary Fibre	1.5–2.0 g
Vitamin C	6.4 mg

A GOOD SOURCE OF POTASSIUM

Potassium helps replace what is lost in sweat and supports fluid balance, muscle function and nerve signalling.

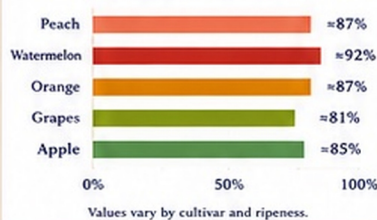


PEACHES PROVIDE
≈190 mg POTASSIUM
PER 100 g

That's about 5% of the daily value.

*Based on a 2,000 kcal diet.

HOW PEACHES COMPARE (WATER CONTENT)



HOW PEACHES SUPPORT HYDRATION & RECOVERY



Rehydrates the body
High water content helps
replenish body fluids.



Replaces electrolytes
Potassium helps maintain
fluid balance and supports
muscle function.



Replenishes energy
Natural carbohydrates provide
quick energy for activity and
recovery.



Supports digestion
Fibre promotes regularity and a
healthy gut after exercise and
in hot weather.



Provides antioxidants
Vitamin C, carotenoids and
polyphenols help combat
oxidative stress.



SEPARATING FACT FROM EXAGGERATION

CLAIM	THE TRUTH	REALISTIC TAKEAWAY
"Peaches are better than sports drinks."	Peaches provide water, potassium and carbohydrates, but low in sodium.	Great everyday hydration fruit — not a complete replacement after intense or prolonged exercise.
"Peaches detox your body."	No specific food "detoxes" the body. The liver and kidneys handle detoxification.	Peaches support overall well-being through hydration, fibre and antioxidants.
"Peach sugar spikes blood sugar."	Peaches have natural sugars with fibre, giving a lower glycaemic impact than many refined snacks.	Provides steady energy when eaten as part of a balanced diet.
"You must peel peaches."	Nutrients and fibre are concentrated in and just beneath the skin.	Eat the skin (if well washed) for more fibre, antioxidants and polyphenols.
"Peaches cause inflammation."	No evidence that peaches cause inflammation in healthy individuals.	May help reduce oxidative stress due to their antioxidant content.

BEST WAYS TO ENJOY PEACHES FOR HYDRATION



Eat fresh
and ripe



Pair with
water



Add to
salads



Blend into
smoothies



Freeze for a
cool snack

THE AXIA HYDRATION VERDICT

Peaches are a naturally hydrating, nutrient-dense fruit that supports fluid balance, digestion and recovery. They are not a miracle cure — but a delicious, evidence-based ally for a hydrated, active and balanced life.



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SUMMARY — THE PEACH

NATURE'S GIFT OF COLOUR, NUTRITION AND HYDRATION

From ancient origins to modern science, the peach is more than a delicious summer fruit. Across four parts we explored its history, diversity, phytonutrients and hydration benefits. Here are the key takeaways.

1. OLDER THAN WE THINK



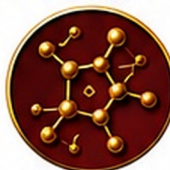
Cultivated in China over 4,000 years ago, peaches symbolise longevity and prosperity. Their journey across the world brought beauty, flavour and cultural meaning.

2. ONE FRUIT, MANY FORMS



Yellow, white, flat (donut) and nectarine varieties each offer unique flavours, textures and aromas. Differences in colour, acidity, sweetness and texture come down to genetics.

3. BENEATH THE SKIN



Peaches are rich in vitamin C, carotenoids, polyphenols and fibre. Much of the antioxidant power lies in or just beneath the skin — eating the skin adds measurable benefits.

4. THE PEACH & HYDRATION



With ~85–90% water, natural electrolytes (especially potassium), fibre and natural carbohydrates, peaches support hydration, digestion, recovery and overall well-being — naturally.

THE PEACH SUPPORTS



HYDRATION

High water content and electrolytes help maintain fluid balance and replace what is lost in sweat.



DIGESTION

Fibre supports a healthy gut, regularity and a balanced microbiome.



ANTIOXIDANT DEFENCE

Vitamin C, carotenoids and polyphenols help protect cells from oxidative stress and inflammation.



HEART & CIRCULATION

Potassium supports healthy blood pressure and cardiovascular function.



RECOVERY & ENERGY

Natural carbohydrates and minerals aid energy restoration and post-exercise recovery.



SUMMER WELL-BEING

Refreshing, satisfying and nutrient-dense — the perfect fruit for the summer season.

KEY NUTRIENTS (PER 100 g EDIBLE PORTION)



WATER
85–90%



VITAMIN C
6–10 mg



POTASSIUM
~190 mg



FIBRE
1.5–2.0 g



CAROTENOIDS
Varies by variety



POLYPHENOLS
Higher near skin

Values vary by variety, ripeness and growing conditions.

HOW TO ENJOY PEACHES



Eat fresh and ripe



Add to salads



Blend into smoothies



Pair with yogurt



Chill for a cool snack

THE AXIA VERDICT



The peach is a naturally hydrating, nutrient-dense fruit that delivers far more than sweetness. It provides water, electrolytes, fibre and powerful phytonutrients that support digestion, recovery and everyday vitality. A true summer ally — simple, delicious and backed by nature and science.



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