

Kiwi is a Super Hero Fruit



Like most fruit, Kiwi is loaded with Vitamins and Minerals your body needs but it also has some Health Boosting properties unique to it.

Various components work together for maximum Health Benefits



Helps maintain Gut Health

The fiber aids in smooth digestion from the prebiotics

"The right balance of probiotics is important for many body processes, including fighting off illnesses and regulating your hormones. We know that a balance of good bacteria can prevent digestive problems, certain infections and conditions like irritable bowel syndrome. Prebiotics are important because they are a food source for these healthy bacteria."

Registered Dietitian Gillian Culbertson, RD



High in Vitamin C

Gold Kiwi has almost **3 x more vitamin C** than oranges or strawberries

- A great Immunity Booster
- Glowing Skin, youthful Collagen, clearer vision
- Helps body absorb iron, for making red blood cells so O2 can travel well to your organs and tissues



Provides Vitamin E

A lot of us do not get enough of it in our diet

- One kiwi is 7% of daily recommended value
- Good for heart health, widens blood vessels, lowering your risk of heart attack and stroke



Antioxidant power and Mood Booster

Fights cell damage caused by free radicals (air pollution, harsh environmental chemicals)

- During the winter months, kiwi can boost your immune system during cold and flu season and may boost your mood



Good source of Potassium

Can restore your sodium balance if you eat too much salt

"Potassium helps regulate chemical reactions and fluid levels in the body. Many people in the U.S aren't getting enough of this important electrolyte."

Gillian Culbertson, RD.

- 1 Kiwi delivers 215 mg of potassium, more than double of a tablespoon of peanut butter



Rich in Vitamin K

Keeps bones strong and may prevent coronary heart disease

- One Kiwi has 31 micrograms of vitamin K, about 30% of the adequate intake for most adults

Source: The Cleveland Clinic