

## FRUIT FACTS

# MANGO

### MIGHTY MANGO...

WHY?

MANGOES DELIVERS A  
HEALTHY DOSE OF VITAMINS,  
MINERALS AND ENZYMES TO  
BENEFIT HEALTH.

### HEALTH BENEFITS

- Blood pressure management
- Aid in digestion
- Slow the signs of aging
- Promote brain health
- Boost Immunity
- Helps to maintain a healthy heart
- Low in saturated fat, cholesterol and sodium
- Excellent source of dietary fiber

### NUTRITIONALS

- Vitamin B6
- Vitamin A
- Vitamin C
- Potassium
- Magnesium
- Copper
- Quercetin
- Betacarotene
- Astragalín

ADD TO YOUR SHAKE TODAY!