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- amounts of healthy omega-3 fatty acids

 Enjoy sliced, pureed, or dried for a sweet, healthy treat
- The peel is edible and contains carotenoids, fiber, vitamin E and small
- lower homocysteine and blood pressure for heart health

 Rich in prebiotic and soluble fiber which helps control blood sugars and
 - carotenoids (beta-carotene, lutein, quercetin, ellagic acid) that boost immune function, protect against aging and disease

 Contains B vitamins for metabolism; B6, potassium and magnesium
 - Excellent source of antioxidants vitamin C, E and several varieties of

Potential benefits of consuming mangos:

1 cup raw, cubed mango provides:
99 Calories, 1.4 gm protein, 3 gm fiber, 0.4 gm fat, no cholesterol

Health Benefits of Mango

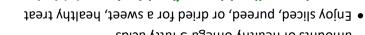


This tropical fruit is refreshing and nutritious, with a creamy texture and a bold sweetness earing it the title "King of Fruits."

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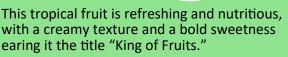
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Mango



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Vlango

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Health Benefits of Mango

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