

BENEFITS OF MANGO, ATAULFO VARIETY.-

Dr. Gustavo González
www.ciad.mx

Dr. Stephen Talcott and Dr. Susanne Talcott
Texas A&M University, Department of Nutrition and Food Science

It is rich in amino acids, vitamins C, A and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium and potassium.

Digestive: Mangoes contain digestive enzymes that help break down proteins, aiding digestion. It is also helpful against heartburn due to an enzyme present in it, which soothes the stomach. Due to the large amount of fiber in the handle, may be useful for preventing constipation.

Skin Benefits: Mango is effective in relieving clogged pores of the skin. This means that people who suffer from acne will benefit from the handle. Simply remove the mango pulp and apply on the skin for about 10 minutes before washing. Eating handle makes your skin whiter, smoother and shinier.

Fight Cancer: The phenols in mangoes, such as quercetin, isoquercitrin, astragalín, fisetin, gallic acid and enzymes are abundant cancer prevention capabilities. Mangoes are also rich in soluble dietary fiber known as pectin. Scientists have identified a strong link between eating lots of fiber and decreased risk of cancers of the gastrointestinal tract. About 165 grams contains 76 percent of the needed daily value of vitamin C, a powerful antioxidant that helps protect cells against free radical damage and reduces the risk of cancer.

Eye Health: The handle has a 25 percent daily value of vitamin A needed, which promotes good vision. Eating mangoes regularly prevents night blindness, refractive error, dry eye, softening of the cornea, itching and burning eyes.

Beneficial for anemia: Mangoes are good for pregnant women and people with anemia due to iron content. Vitamin C in the handle helps the body absorb iron. Women after menopause become weak, and should take mangoes and other fruits rich in iron.

Improving Memory: The handles are useful for children with poor concentration in school, because it contains acid glutamine, which is good for boosting memory and maintain active cells.

The handle combat anemia and hypertension

The handle facilitates digestion, fighting effectively combat insomnia and anemia. One of the first benefits of the handle is its high potassium content. This mineral is essential for people suffering from hypertension, as their presence in the body decreases the risk of high blood pressure.

It also prevents heart disease from getting worse. Another advantage is that potassium helps eliminate retained fluids in the body.

Another benefit?

In addition to protecting the health of mucous membranes, gives skin its color and shine.

It is true that the handle is not rich in iron (mineral commodity for anemia), but instead, relies heavily functions of this mineral in the body. This is because the handle is very rich in vitamin C and beta-carotene and both are substances that enhance greater absorption of iron by the body.

Healthy gastric and bronchial

Vitamin A, a substance that exists in the handle, is essential for reproduction, growth and maintenance of the mechanisms that cause cells to the surface of the gut and bronchi retain their normal characteristics.

In addition there is a close relationship between the amount of vitamin A exists in the body and the immune system's ability to respond defensively to attacks by viruses and bacteria. So it is known as anti-infective vitamin.

Reduces the risk of preeclampsia

If you are pregnant, will handle the dose of vitamin C that your body requires daily. Eating foods high in this vitamin reduces the risk of developing dangerous blood pressure levels during pregnancy.

They say that one of the reasons why preeclampsia is shown oxidative stress on blood vessels. Vitamin C is an antioxidant, which means you can reverse the damage and benefit moms.

FOR THE BODY

The handle provides many health benefits.

B COMPLEX: It is very rich in B complex vitamins all equipment that benefit the body. One of its main benefits is that it prevents irritability and depression. In addition, calms the nervous system when you are very stressed. This super team of vitamins also helps fight fatigue and weakness. In addition to improving your mood, this group of vitamins is working with the maintenance of body tissues and is essential for proper growth.

POTASSIUM: When the body does not have enough potassium, may present serious diseases such as hypertension, among others. How to realize that your

body needs potassium? The most common symptom is fatigue. Other symptoms include slow reflexes, weakness in the muscles and dry skin.

FIBER: The fiber also reduces blood cholesterol. It's good for those who want to control your weight.

Increase the intake of mango "Ataulfo" in the diet of consumers in its fresh form, as it can help prevent and / or reduce oxidation and excessive production of free radicals responsible for various metabolic disorders.

The presence of these antioxidants in these fruits in a diet rich in fruits such as mango Ataulfo, can help eliminate, sequester or inhibit the action of reactive oxygen species and consequent damage to biomolecules (DNA, proteins and lipids) and prevent the development of various non-communicable chronic degenerative diseases.

SOURCE 1: "IDENTIFICATION AND CUANTIFICATION OF PHENOLICS COMPOUNDS FROM MANGO (*Mangifera indica* CV ATAULFO) AND THEIR CONTRIBUTION TO THE ANTIOXIDANT CAPACITY DURING RIPENING". RESPONSIBLE. Dr. Gustavo González
www.ciad.mx

SOURCE 2: "Phytochemical Attributes Contribute to the Health-Promoting Benefits of Mangos Final Research Report to the National Mango Board"
April 6, 2009
Dr. Stephen Talcott and Dr. Susanne Talcott
Texas A&M University, Department of Nutrition and Food Science
1500 Research Parkway A, Centeq Research Plaza, Room 220F
College Station, TX 77843-2253

ORGANIC MANGO POWDER

Product Specification sheet

PHYSICAL SPECIFICATIONS

Regular content of values once 100 g. of powder is reconstituted in 0.90 liter of water

Variety	Ataulfo
Origin	Oaxaca, México
Description	Powder obtained from natural pulp mango Ataulfo certified organic, 100% natural, healthy, fresh and optimum degree of maturity, with addition of 20% gum arabic organic as an encapsulant to dehydrate and preserve the nutritional properties of the product , contains no artificial colors or flavors, no sugar added, no chemical preservatives.

Appearance	Yellow mango
Flavor and smell	Characteristic of mango
Texture	Powder mesh size 80- 100
Drying method	Spray drying
Average Humidity Range	2 - 5 %
Acidity	0.55 - 0.7 % (citric acid)
pH	4.0 - 5.0
° Brix	13.0 - 17.0

MICROBIOLOGICAL ANALYSIS

Microorganism	Results
E-coli	< 3 ufc/g
Salmonella s.pp	Absence in 25g
Fungi and yeast	< 10 ufc/g
Fecal Coliform	< 3 nmp/g
Total Coliform	< 4000 UFC/g
Stafilococcus aereus	< 100 ufc/g
Aerobic mesophilic	< 10 ufc/g

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GENERAL CHARACTERISTICS

Package	Bags of 25 Kg. Each
Primary package	Bags three layers Kraft paper and one polyethylene bag inside
Labeling	Each bags is easily identified by the batch number
Storage conditions	Environment temperature and dry
Shelf life	18 months

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CERTIFICATES

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