

ZESPRI™ KIWIFRUIT: *Vitamin C & Health*

Vitamin C is an essential nutrient for health, but our bodies cannot make it – so we must get it from our diet. Zespri™ Kiwifruit is rich in vitamin C and one serving per day can provide you with your daily requirement.

85.1 MG OF VITAMIN C
PER 100 G

161.3 MG OF VITAMIN C
PER 100 G



ZESPRI™ KIWIFRUIT INCREASES THE AMOUNT OF VITAMIN C IN THE BLOOD, A GOOD MARKER FOR VITAMIN C LEVELS.

References:

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- Petruk G, Del Giudice R, Rigano MM, Monti DM. Antioxidants from plants protect against skin photoaging. *Oxid Med Cell Longev.* 2018;14:54936.
- Richardson DP, Ansell J, Drummond LN. The nutritional and health attributes of Kiwifruit: A review. *Eur J Nutr.* 2018;57(8):2659-2676.
- Wilson R, Willis J, Gearry RB, et al. SunGold Kiwifruit supplementation of individuals with prediabetes alters gut microbiota and improves vitamin C status, anthropometric and clinical markers. *Nutrients.* 2018;10(7):895.
- U.S. Department of Agriculture (USDA). Agricultural Research Service. *FoodData Central.* <https://fdc.nal.usda.gov/index.html>. Updated March 2019. Accessed October 16, 2019.

WHAT DOES VITAMIN C DO FOR THE BODY?

- Supports normal immune system function
- Helps produce energy
- Supports normal psychological function
- Aids in tissue formation and wound healing
- Antioxidant – protects cells and tissues (like muscle) from damage caused by normal daily functions



VITALITY

- Contributes to normal energy-yielding metabolism.
- Contributes to the reduction of tiredness and fatigue.

VITAMIN C IS INVOLVED IN NORMAL PSYCHOLOGICAL FUNCTION THAT HELPS IMPROVE ENERGY LEVELS.



IMMUNITY

An excellent source of the antioxidant vitamin C, which is important for a normal immune system.

A RECENT STUDY FOUND THAT EATING TWO ZESPRI™ SUNGOLD (161.3 MG VITAMIN C PER 100 G EDIBLE FLESH) PER DAY FOR FOUR WEEKS:

- ↑ Improves function of neutrophils – a white blood cell directly involved in immune function.
- ↑ Likely translates to enhanced immunity.



SKIN HEALTH

Zespri™ Kiwifruit is an excellent source of the vitamins (i.e., vitamin C) and plant-based nutrients your skin needs to look its best.

FORMS COLLAGEN AND ELASTIN - ESSENTIAL FOR MAINTAINING PROPER SKIN HEALTH.