

Goodness of ZESPRI™ KIWIFRUIT

As one of nature's most nutritious fruits, Zespri™ Kiwifruit is packed with superior nutrition to help you feel good from within.

● Zespri™ Green ● Zespri™ SunGold

VITAMIN C 85.1 MG PER 100 G / 161.3 MG PER 100 G

- Supports normal function of the immune system
- Supports normal psychological function that helps to reduce tiredness and fatigue, and improve energy
- Supports formation of collagen and elastin that are essential for maintaining proper skin health
- Has antioxidant properties

GLYCAEMIC INDEX 39 / 38

Has a naturally low glycaemic index, which means Zespri™ Kiwifruit is absorbed and digested more slowly by the body, causing a steadier and smaller rise in blood sugar levels

POTASSIUM 301.0 MG PER 100 G / 315.0 MG PER 100 G

- Helps to maintain normal blood pressure and fluid balance
- Supports the normal function of the nervous system
- Supports the normal function of muscles

CALORIES

Has a low number of calories and a high nutrient density, making it perfect to include as part of a weight-control programme

PHYTONUTRIENTS AND ANTIOXIDANTS

Includes vitamin E and phytonutrients like polyphenols for defence against cell damage, oxidative stress and cardiovascular health

FIBRE 3.0 G PER 100 G / 1.4 G PER 100 G

- Contains soluble and insoluble fibre
- Reduces feelings of bloatedness, improves bowel habits, increases digestive comfort
- Causes delay in carbohydrate digestion and absorption, helps with blood sugar control

FODMAP

- First branded fruit to be certified as low FODMAP by Monash University, a worldwide leader in research and practice on the low FODMAP diet
- A diet low in FODMAPs has been shown to be an effective dietary therapy for individuals with Irritable Bowel Syndrome

ACTINIDIN

- Enzyme that is unique to kiwifruit and can help with digestive health
- Enhances digestion of several food proteins, including lean steak

FOLATE 38.2 µg PER 100 G / 31.0 µg PER 100 G

Essential for cellular growth and development, forming red blood cells and infant growth during pregnancy

VITAMIN E 0.86 MG PER 100 G / 1.4 MG PER 100 G

An antioxidant, which can protect cells from damage; it is also involved in immune function



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