

Zespri health bulletin

Vitamins and Minerals

ZESPRI® GOLD Kiwifruit

ZESPRI® GOLD Kiwifruit is also deliciously nutritious. Underneath the smooth, golden brown skin is an array of natural vitamins, minerals and other essential elements.

Our ZESPRI® GOLD Kiwifruit is naturally low in fat and with a low GI (glycaemic index) it's a great natural source of:

- | | |
|---------------|---|
| Vitamin C | <ul style="list-style-type: none">• A powerful antioxidant that cleanses your body's impurities• Nature's immune-boosting first defence against nasties like colds and the flu• Helps repair your body and enhance cell growth• Improves iron absorption for women and athletes• Helps combat the effects of stress and ageing |
| Potassium | <ul style="list-style-type: none">• A mineral and one of the seven essential dietary components• Takes nutrients where they need to go in your body• Helps with muscle and nerve regeneration• May help reduce hypertension and high blood pressure• Critical to maintaining your body's fluid and electrolyte balance in the correct low sodium / high potassium ratio• If you are taking medicine, potassium may need to be replaced |
| Dietary Fibre | <ul style="list-style-type: none">• Promotes a healthy heart• Helps you remove potentially harmful substances from your body• Keeps you regular by helping your stomach work better |
| Folic Acid | <ul style="list-style-type: none">• A building block for life crucial for women and their babies before and during pregnancy• Natural folate is needed in the formation of strong DNA• Makes healthy replacement blood and skin cells• Helps prevent heart disease |
| Vitamin E | <ul style="list-style-type: none">• A powerful antioxidant - it cleanses your body of impurities• Helps lower high cholesterol and reduces narrowing of the arteries |



For the love of your body.