

Zespri health bulletin

Vitamins and Minerals

ZESPRI® GREEN Kiwifruit

Our ZESPRI® GREEN Kiwifruit is an amazing nutritional powerhouse. A rich natural source of vitamin C, our ZESPRI® GREEN Kiwifruit is also weight for weight, the most nutritious of all commonly eaten fruits, according to United States studies.

Whether you are looking to boost your health or are already on top of things, ZESPRI® GREEN Kiwifruit is a great choice.

Our ZESPRI® GREEN Kiwifruit are a naturally low GI (glycaemic index) and fat free source of:

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| 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 |
| Antioxidants | <ul style="list-style-type: none">• Counteract damage to your body by free radicals• Your body's first defence force in fighting disease |
| 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• ZESPRI® GREEN Kiwifruit is one of the few fruits that's both low fat and a great source of vitamin E |



For the love of your body.