

**NATIONAL MANGO BOARD
NUTRITION MESSAGES**



What Mangos Offer:	What the Nutrient Means to Your Body:
Vitamin C	
Nutrient Content	Structure Function
<p>One cup of mango is high in (high potency/the antioxidant) vitamin C. One cup of mango is rich in (high potency/the antioxidant) vitamin C. One cup of mango is an excellent source of (high potency/the antioxidant) vitamin C. One cup of mango provides 100% of the Daily Value (DV) for vitamin C. One cup of mango provides 100% of your daily vitamin C (needs/requirements).</p>	<p>Vitamin C supports healthy cognitive and neurologic function. Vitamin C is required for collagen formation. Vitamin C increases the absorption of non-heme iron, or the form of iron present in plant-based foods. Vitamin C plays an important role in immune function. Vitamin C is important for wound healing. Vitamin C keeps gums and teeth healthy.</p>
Vitamin A	
Nutrient Content	Structure Function
<p>One cup of mango is high in (the antioxidant) vitamin A. One cup of mango is rich in (the antioxidant) vitamin A. One cup of mango is an excellent source of (the antioxidant) vitamin A. One cup of mango provides 35% of the Daily Value (DV) for vitamin A. One cup of mango provides 35% of your daily vitamin A (needs/requirements).</p>	<p>Vitamin A is critical for vision. Vitamin A is important for immune function. Vitamin A may be important for reproductive health. Vitamin A helps maintain healthy skin. Vitamin A plays a role in bone growth.</p>
Folate	
Nutrient Content	Structure Function
<p>One cup of mango is high in folate. One cup of mango is rich in folate. One cup of mango is an excellent source of folate One cup of mango provides 20% of the Daily Value (DV) for folate. One cup of mango provides 20% of your daily folate (needs/requirements).</p>	<p>Consuming adequate folate before and during pregnancy may help reduce a woman's risk of having a child with a brain or spinal cord defect. Folate helps the body make red blood cells and DNA. Folate supports healthy cardiovascular function.</p>
Fiber	
Nutrient Content	Structure Function
<p>One cup of mango contains fiber. One cup of mango provides fiber. One cup of mango is a good source of fiber. One cup of mango provides 12% of the Daily Value (DV) for fiber. One cup of mango provides 12% of your daily fiber (needs/requirements).</p>	<p>Fiber makes you feel full faster and therefore may help support weight management. Fiber aids digestion. Fiber helps control constipation. Fiber slows the absorption of sugar into the bloodstream.</p>
Vitamin B6	
Nutrient Content	Structure Function
<p>One cup of mango contains vitamin B6. One cup of mango provides vitamin B6. One cup of mango is a good source of vitamin B6. One cup of mango provides 10% of the Daily Value (DV) for vitamin B6. One cup of mango provides 10% of your daily vitamin B6 (needs/requirements).</p>	<p>Vitamin B6 is involved in immune function. Vitamin B6 plays a role in cognitive development. Vitamin B6 helps the body maintain normal blood sugar levels. Vitamin B6 helps the body make hemoglobin, which carries the oxygen in red blood cells to tissues throughout the body. Vitamin B6 helps maintain normal nerve function.</p>
Copper	
Nutrient Content	Structure Function
<p>One cup of mango contains copper. One cup of mango provides copper. One cup of mango is a good source of copper. One cup of mango provides 10% of the Daily Value (DV) for copper. One cup of mango provides 10% of your daily copper (needs/requirements).</p>	<p>Copper helps form red blood cells. Copper supports healthy immune function. Copper helps to maintain bone health.</p>