## What Mangos Offer:

### Vitamin C

**Nutrient Content**
- 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.
- Once 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).

**Structure Function**
- 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.

### Vitamin A

**Nutrient Content**
- 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).

**Structure Function**
- 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.

### Folate

**Nutrient Content**
- 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).

**Structure Function**
- 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.

### Fiber

**Nutrient Content**
- 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).

**Structure Function**
- 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.

### Vitamin B6

**Nutrient Content**
- 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).

**Structure Function**
- 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.

### Copper

**Nutrient Content**
- 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).

**Structure Function**
- Copper helps form red blood cells.
- Copper supports healthy immune function.
- Copper helps to maintain bone health.