



# NATURALLY INVIGORATING MANGOS

Mango, the King of Fruits, delivers a joyful burst of flavor and natural nutrition. Its sweet, tropical taste fuels energy, vitality, and well-being—making it a delicious, feel-good addition to any snack or meal.

## SUSTAINING ENERGY: FUEL FOR EVERY DAY

Mango is a delicious source of natural sugars and fiber—a combo that slows digestion and supports a steady, balanced release of energy. That means no sudden spikes or crashes – just invigorating, feel-good fuel.

### ONE SERVING\* OF MANGO HAS:

**Naturally sweet, no added sugar**

**7% of your daily fiber** (2g) which helps slow absorption of sugars

**8% of your daily vitamin B6** which helps maintain normal blood sugar

## LONGEVITY AND VITALITY: HELPS HEART HEALTH

Nutrient-dense fruits play a meaningful role in supporting cardiovascular and metabolic health, and fresh mango is a nutrient-dense powerhouse.

Mango is a source of nutrients like fiber and vitamin C, which may support blood sugar control, weight management, and overall wellness.

### ONE SERVING OF MANGO CONTAINS:

**More than 20 vitamins, minerals, and antioxidants**

**Only 70 calories**, supporting weight management

**No saturated fats, sodium, or cholesterol**

## WELLNESS AND MOOD: GUT HEALTH FROM THE INSIDE OUT

Your gut does more than digest food – it shapes how you feel, think, and live. And mango supports it all with a naturally invigorating combination of fiber, hydration, and bioactives (like antioxidants) that nurture your microbiome.

### ONE SERVING OF MANGO INCLUDES:

**83% water**, making them a natural source of hydrating fluid

**High in antioxidant vitamin C** (50% DV)

**Prebiotic fiber and polyphenols** may help support a healthy gut

\*Serving size = 3/4 cup DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference



## Mango is more than a sweet treat—it's a vibrant source of nourishing nutrients that support whole body wellness.

One serving\* of mango contains just 70 calories and over 20 important vitamins and minerals. It's an excellent source of vitamin C, a good source of folate and copper and is a source of healthy fiber, bioactives, and antioxidants.

### SKIN HEALTH

Mango has key nutrients that help maintain a glowing complexion and support tissue repair.

**Vitamin A (8% DV):** essential for healthy skin, eyes, and cell regeneration

**Vitamin E (8% DV):** antioxidant that supports skin cell health

**Polyphenols** like beta-carotene, lutein, flavonoids and mangiferin may offer skin and cells antioxidant and anti-inflammatory benefits

**Hydration** with 83% water content

### IMMUNE HEALTH

No matter the season, nutrients in mango offer everyday support for your immune system.

**Vitamin C (50% DV):** immune-supporting nutrient that also aids in iron absorption and collagen formation

**Vitamin B6 (8% DV):** plays a role in immune regulation and energy metabolism

**Copper (15% DV):** helps maintain immune defenses and supports red blood cell production

### BRAIN HEALTH

Mango's nutrient makeup helps support brain health and offers cognitive benefits.

**Vitamin B6 (8% DV):** supports brain and nerve development, and it helps the body use sugars – the brain's preferred source of fuel

**Vitamin C (50% DV):** supports healthy cognitive and neurologic function

### BODY BENEFITS

From top to toe, mango has nutrients that support overall wellness.

**Carbohydrates:** natural source of glucose, fructose, and sucrose for quick, clean-burning energy

**Fiber (2g per serving / 7% DV):** helps you feel fuller longer, supports digestive regularity and contributes to stable blood sugar

**Folate (15% DV):** good source of folate supports cardiovascular and DNA health, especially important during periods of growth and pregnancy

**Vitamin C (50%):** important for wound healing and oral health

\*Serving size = 3/4 cup, DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference

For recipes, inspiration,  
and more information,  
visit [Mango.org](https://Mango.org).

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