



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.

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