

# THE GOODNESS OF GOLD KIWIFRUIT PUREE

## Vitamin C

This antioxidant very important in boosting our immune systems. Gold kiwifruit contains even higher levels of vitamin C than green kiwifruit and more than oranges or any other fruit. It also helps the absorption of nonhaem iron (the iron found in nonmeat foods). Vitamin C helps protect tissues from the effects of cell damage, ageing, growth and repair and of course helps in wound healing.

## Vitamin E

Another great antioxidant found in kiwifruit. Gold kiwifruit has great levels of Vitamin E, a fat-soluble nutrient that exhibits significant antioxidant activity and plays a role in immune system function. It also helps to protect the heart from disease because it hinders the oxidation of Cholesterol in the blood. It also assists cleansing the body of impurities.

## Folate

This is one of the B group of vitamins and is used in the formation of DNA. Gold kiwifruit provides folate which is a crucial building block for life and for women and their babies before and during pregnancy. Folate makes for a healthy replacement of blood and skin cells and also helps to prevent heart disease.

## Magnesium

This trace element can help to control conditions like diabetes and even assist with asthma. Magnesium, with calcium, further helps with keeping your bones strong. Magnesium creates energy in your body.

## Fibre

Has a very important role to play in your body. Gold kiwifruit has good levels of fibre which helps to maintain a healthy digestive system, and thereby enables the body to more effectively flush out harmful toxins like carcinogens.

## Potassium

Gold kiwifruit (as are green) are equally good sources of potassium, an electrolyte that plays a major role in nerve, muscle and heart function and helps protect against high blood pressure.



Kiwifruit Processing Company (2021) Limited  
PO Box 4626, Mt Maunganui South, 3149, New Zealand  
Ph + 64 7 552 5513  
Email: [info@kiwifruit.co.nz](mailto:info@kiwifruit.co.nz)  
[www.kiwifruit.co.nz](http://www.kiwifruit.co.nz)



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PROCESSING COMPANY (2021) LTD