

KIWIFRUIT: THE VITAMIN C CHAMPION

Vitamin C Goodness in every Kiwifruit

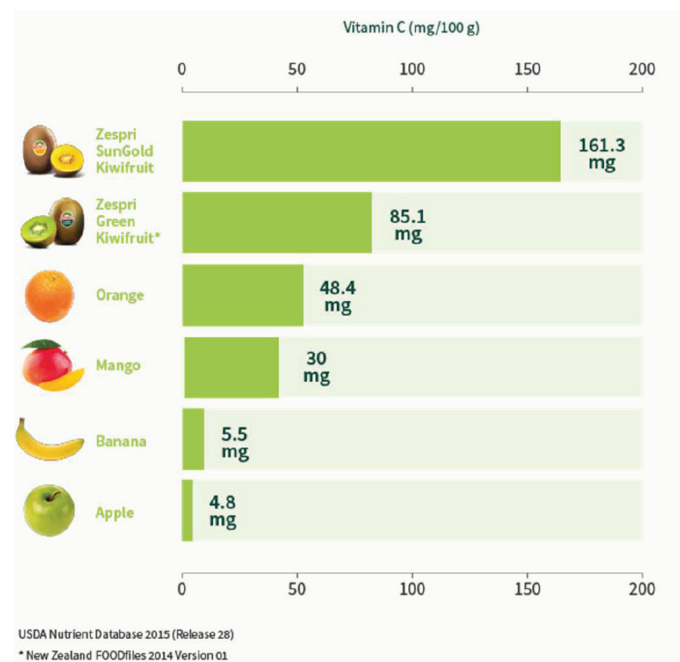
Vitamin C is an essential nutrient that everybody needs on a daily basis. And more than ever right now the focus is on good health and staying well.

Our company sources only kiwifruit from our region to make **our purees and extract the seeds**. Kiwifruit is rich in vitamin C and is one of the best sources among fruit and vegetables – Actually, Gold kiwifruit contains more than three times the amount of vitamin C found in oranges! Just the equivalent of one kiwifruit a day provides you with your daily requirement.

Did you know that your body cannot make or even store vitamin C? For optimum health and wellbeing, **you need to eat a source of vitamin C every day** to keep your levels topped up. The best sources are fresh, whole fruit. **Of course you can find Vitamin C in well-formulated beverages and foods with our kiwifruit puree as an ingredient.**

Consuming at least the equivalent of one kiwifruit per day helps to maintain your required vitamin C levels. Having your vitamin C levels topped up daily will provide many benefits, some of which include:

- Keeping colds away by helping to keep the immune system strong;
- Giving you the vitality you need to get through the day by reducing tiredness and fatigue; and
- Increasing collagen formation, which is essential for healthy skin, teeth and bones.



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Source: <https://www.zespri.eu/en/happy-healthy/nutrient-richness-kiwi>



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