

# THAI MANGO

The Most Delicious Variety — Nam Dok Mai



BEST  
THAI  
FRUITS

## Premium IQF (Individual Quick Freeze) Thai Mango Fruits and Puree

### THAI MANGO NAM DOK MAI

Country of origin: Thailand

Grade: Premium

Availability: All Year Round



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### PRODUCE

Each fruit is peeled and pitted, divided into two halves, frozen by Individual Quick Freezing (IQF). Ready to eat after thawing.

### PACKAGE

**Halved fruits peeled and pitted, 70 ~ 100g.**

Vacuum sealed bag — 500g ±3%, 6-8 pieces

Package — Cardboard Box 10kg ± 3%. 20 packages

### Mango Puree / Pulp

Vacuum bag — 500g

Package — Cardboard Box 15kg ± 3%. 30 bags.

### STORAGE

Shelf life — 24 months from the date of packaging at a temperature of -18C. Do not re-freeze after thawing and store in the refrigerator at a temperature of +2-5° C for no more than two days.

### NUTRITION FACTS, 100g

Calories — 65 kcal

Fat — 0,3 g

Protein — 0,5 g

Carbohydrate — 17 g

### The very same "Thai Mango" friends bring from Thailand.

Mango can reduce weight and normalize blood cholesterol. It is full of vitamins B (B1, B2, B5, B6, B9), vitamin A, C and D. Mango contains various minerals - zinc, manganese, iron and phosphorus. Mangoes contain substances that regulate the metabolic rate in the body, accelerate the excretion of fluids and are powerful antioxidants.

Also, mango is considered a natural antidepressant. Regular consumption of mangoes helps relieve nervous tension, improve mood and prevent the risk of depression.

