

SUPERFOOD

Are there more than seven wonders of the world?

Click each fruit for fun facts and to see some of the benefits you might gain from adding them to your life:



These berries created a hype unlike any other superfood because they're high in anti-oxidants, omega fatty acids (yes, a fat that's good for you does actually exist), protein, and fibre.

The acai berry grows in South American rainforests and has been shown to have twice the antioxidants found in blueberries, as well as omega fatty acids, protein and fiber. It's so powerful, some studies have shown it kills off cancer cells in a lab setting.



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Found in China, Mongolia and in the Tibetan Himalayas, goji berries have been used for 6,000 years by herbalists to protect the liver, help eyesight, improve sexual function and fertility, boost immune function, improve circulation and promote longevity.



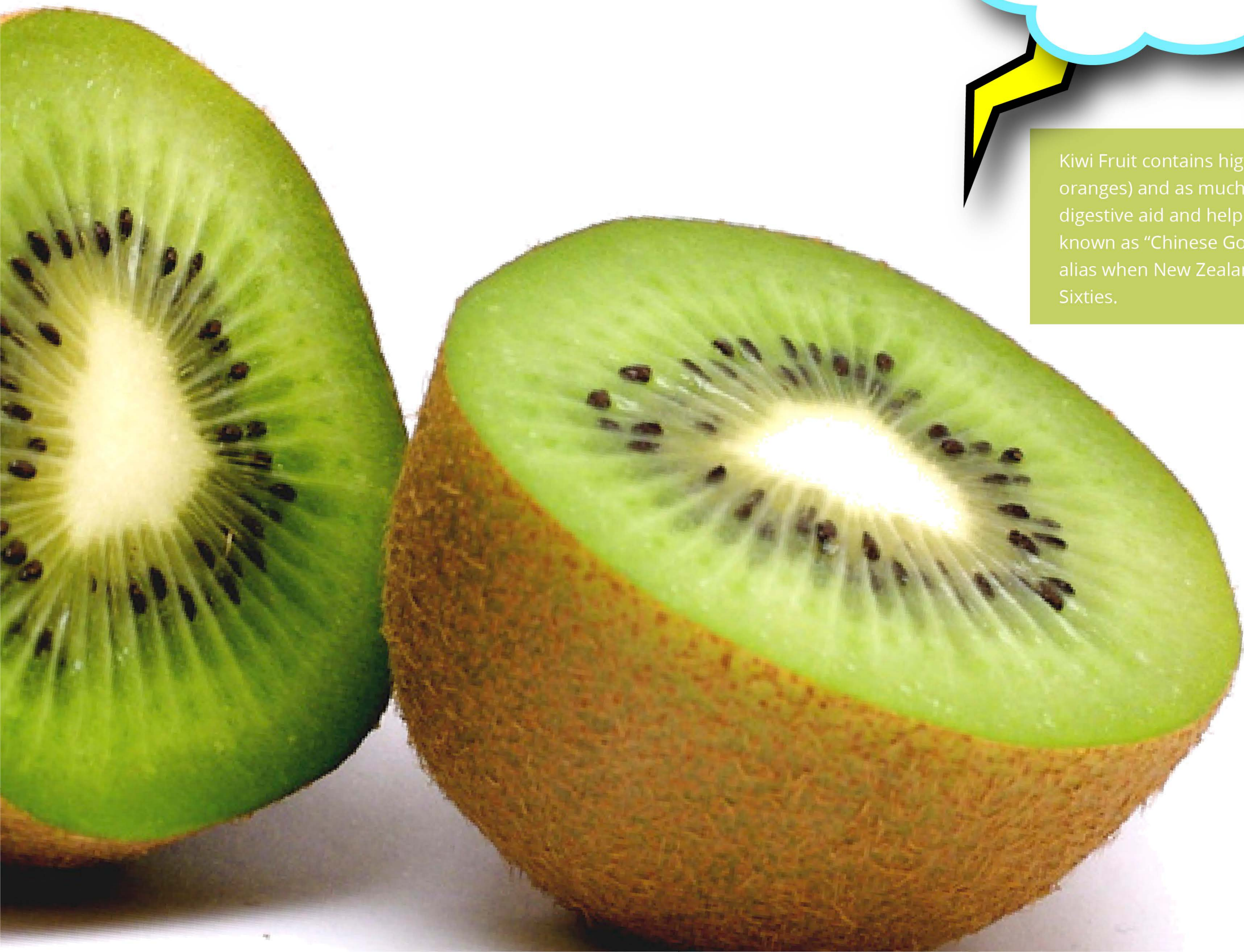
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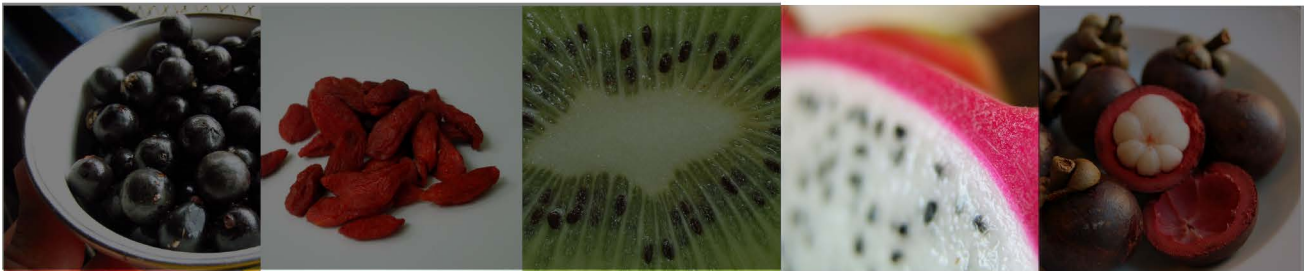
Kiwi Fruit contains high amounts of vitamin C (even more than oranges) and as much potassium as bananas. Kiwis also work as a digestive aid and help maintain healthy skin and hair. Original known as “Chinese Gooseberries” thus Asian fruit assumed a new alias when New Zealand began growing and exporting them in the Sixties.



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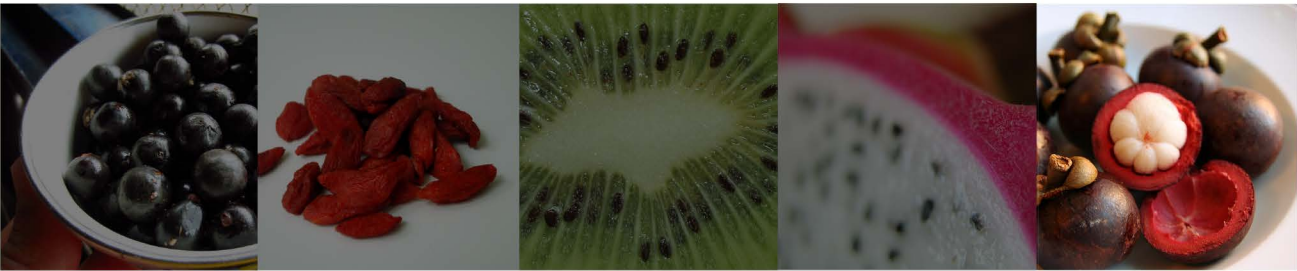
Fifty per cent of the Asian Dragon Fruit's seeds are made up of essential oleic acid, which helps lower bad cholesterol and raise good cholesterol. The fruit is obtained from succulent stems of several cactus species native to Thailand and Vietnam.



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The mangosteen, native to Southeast Asia, is a rich source of antioxidants and contains chemicals called xanthones, which appear to have potent anti-inflammatory effects in the laboratory.

