



Natubral

**TROPICAL AND EXOTIC
FRUITS FROM BRAZIL**

PORTFOLIO 2021

Avocado

Avocados are a stone fruit with a creamy texture that grow in warm climates. This fruit is unique because it is high in healthy fats and one of the few foods that contain significant levels of **vitamins C, E and K**.

They are **loaded with monounsaturated fatty acids** which keep the heart healthy and **high in fiber** which is important for weight loss.

SOURCE OF POTASSIUM

HIGH IN ANTIOXIDANTS

REDUCE LDL CHOLESTEROL
AND INCREASE HDL CHOLESTEROL

160

CALORIES

14,7g

FAT

8,5g

CARBS

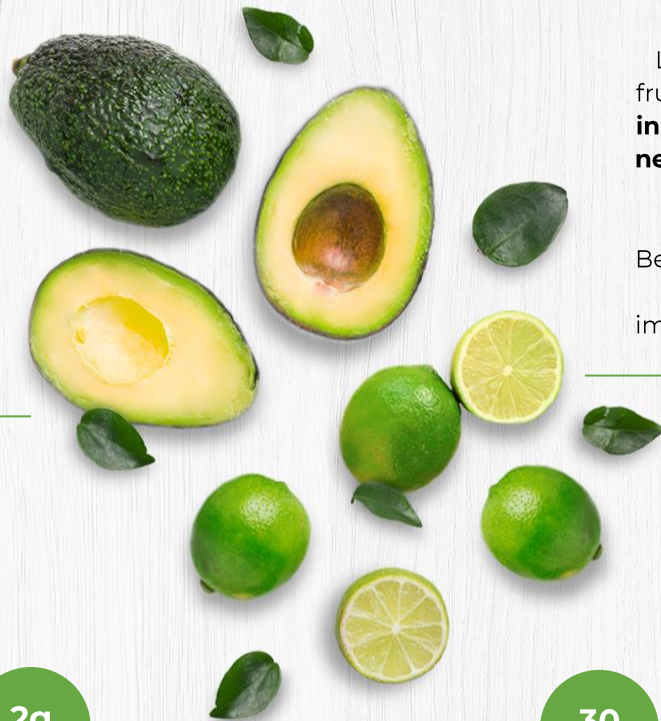
6,7g

FIBER

2g

PROTEIN

*Per 100g



Lime

Limes are sour, round, and bright green citrus fruits. They are nutritional powerhouses — **high in vitamin C, providing over 20% of your daily needs**. They also contain small amounts of Iron, Calcium, Vitamin B and Potassium.

Besides vitamin C, limes are also a great **source of antioxidants**, which help strengthen your immune system by defending cells against free radical damage.

PROMOTE HEALTHY SKIN

BOOST IMMUNITY

AID IRON ABSORPTION

30

CALORIES

0,1g

FAT

10,5g

CARBS

2,8g

FIBER

0,7g

PROTEIN

*Per 100g

Atemoya

Atemoya is a hybrid fruit obtained by the crossment between the Cherimoya (Annona Cherimola) and the Sugar Apple (Annona Squamosa). This exotic fruit is a heart-shaped with a bumpy skin. The flesh is very **juicy and smooth**, tasting slightly sweet and a little tart.

This fruit is a **powerful antioxidant, rich in potassium, vitamin C and fiber.**

EFFECTIVE FOR CONSTIPATION

HELPS IN PREVENTING ANEMIA

REDUCE CHOLESTEROL AND
REGULATE BLOOD PRESSURE

97

CALORIES

0,4g

FAT

24,3g

CARBS

3,5g

FIBER

1,8g

PROTEIN

*Per 100g



Guava

Guavas are incredibly delicious and packed with nutrients. Their fruits are oval in shape with light green or yellow skin and contain edible seeds. What's more, guava leaves are used as an herbal tea and the leaf extract as a supplement.

This tropical fruit is **low in calories, rich in vitamin C, loaded with fiber**, and an excellent addition to a healthy diet.

BOOST IMMUNITY

BENEFICIAL FOR HEART HEALTH

REGULATE BLOOD SUGAR

54

CALORIES

0,4g

FAT

13g

CARBS

6,2g

FIBER

1,1g

PROTEIN

*Per 100g

Green Coconut

Green coconuts are young and not fully ripened, so they contain mostly water with little meat. They are prized for their refreshing water because they have a **high hydrating power**, a natural isotonic rich in mineral salts.

The water and meat of young coconuts are very nutritious. The water can be used as a natural sports recovery drink. Plus, green **coconuts contain nutrients and antioxidant compounds** that may protect against cellular damage and heart disease.

PREVENTING DEHYDRATION

HELPS IMPROVE METABOLIC SYNDROME

ANTI AGING AND REDUCE STRESS

19

CALORIES

0,2g

FAT

3,7g

CARBS

1,1g

FIBER

0,72g

PROTEIN

*Per 100ml of fresh green coconut water.



Pineapple

Pineapple is a nutritious and delicious fruit with several unique health benefits. This popular fruit is **especially rich in vitamin C and manganese.**

Also contain a group of digestive enzymes known as **bromelain.** This enzyme has anti-inflammatory properties and improved digestion.

RELIEF OF ARTHRITIS SYMPTOMS

BOOST IMMUNITY

REDUCE THE RISK OF CHRONIC DISEASES AND CERTAIN CANCERS

48

CALORIES

0,1g

FAT

12,3g

CARBS

1g

FIBER

0,9g

PROTEIN

*Per 100g



Coconut

Coconuts are the seed and fruit of the palm tree family. The white meat inside a coconut has a firm texture, slightly sweet, and you can enjoy it raw or dried.

Coconuts can be a delicious and nutritious addition to your diet when consumed in moderation. They are **low in carbs and rich in manganese, healthy fats, and fiber.**

REDUCE CHOLESTEROL

HELPS LOSE EXCESS BODY FAT

REGULATE BLOOD SUGAR

*Per 100g of raw coconut meat

354

CALORIES

33g

FAT

15g

CARBS

9g

FIBER

3g

PROTEIN

Papaya

Papayas are a mildly sweet, soft, and shaped similar to pears. The skin is green when unripe and orange when ripe, while the flesh is yellow, orange or red.

This fruit is rich in valuable nutrients and has a delicious taste. **It is high in Vitamins C and A, as well as fiber, and antioxidants like lycopene.**

PROMOTE HEALTHY SKIN

EFFECTIVE FOR CONSTIPATION

REDUCE THE RISK OF MANY DISEASES

40

CALORIES

0,1g

FAT

10,4g

CARBS

1g

FIBER

0,5g

PROTEIN

*Per 100g



Passion Fruit

Passion fruit has a hard rind and juicy, seed-filled center. **The yellow variety is the most common in Brazil** and this kind is round or oval with yellow skin and usually slightly larger than the purple variety.

Despite its small size, it is a **good source of antioxidants, fiber, vitamin A, and vitamin C.**

SOURCE OF POTASSIUM

RELIEVE INSOMNIA AND ANXIETY

LOWER BLOOD PRESSURE

68

CALORIES

2,1g

FAT

12,8g

CARBS

1,1g

FIBER

2g

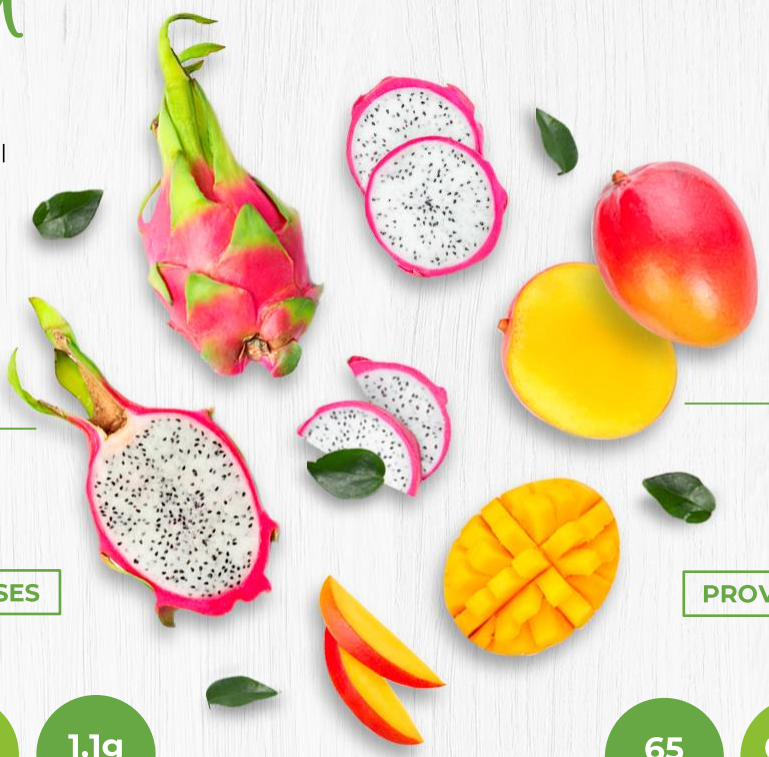
PROTEIN

*Per 100g

Dragon Fruit

Dragon fruit, also called pitaya, is a bright pink, bulb-shaped fruit is known for its sweet, fresh taste and unique, ornamental appearance. The meat of the dragon fruit may be either pink or white.

Given the high amount of **fiber and magnesium**, as well as the low calorie content, dragon fruit can be considered a highly nutrient-dense fruit.



BOOST IMMUNITY

PROMOTE A HEALTHY GUT

REDUCE THE RISK OF CHRONIC DISEASES

60

CALORIES

0,3g

FAT

13g

CARBS

3g

FIBER

1,1g

PROTEIN

*Per 100g

Mango

Mangoes are tropical fruits that are not only juicy, flavorful, and pretty to look at, but are also good for your health. There are hundreds of types of mango, each with a unique taste, shape, size and color.

This fruit is **low in calories** yet high in nutrients — particularly **vitamin C**, which aids immunity, iron absorption and growth and repair.

SUPPORT EYE HEALTH

PROMOTE HAIR AND SKIN HEALTH

PROVIDES ANTI-INFLAMMATORY BENEFITS

65

CALORIES

0,2g

FAT

17g

CARBS

1,8g

FIBER

0,5g

PROTEIN

*Per 100g

Watermelon

Watermelons have a thick rind and range from solid green or green striped. They can be round or oval in shape and the crisp flesh is pinkish-red.

This fruit is a surprisingly healthy fruit. It has a **high water content** and also delivers many other important nutrients, including **lycopene, citrulline and vitamin C**.

PREVENTING DEHYDRATION

IMPROVES DIGESTION

REDUCED MUSCLE SORENESS AFTER EXERCISE

30

CALORIES

0,2g

FAT

7,6g

CARBS

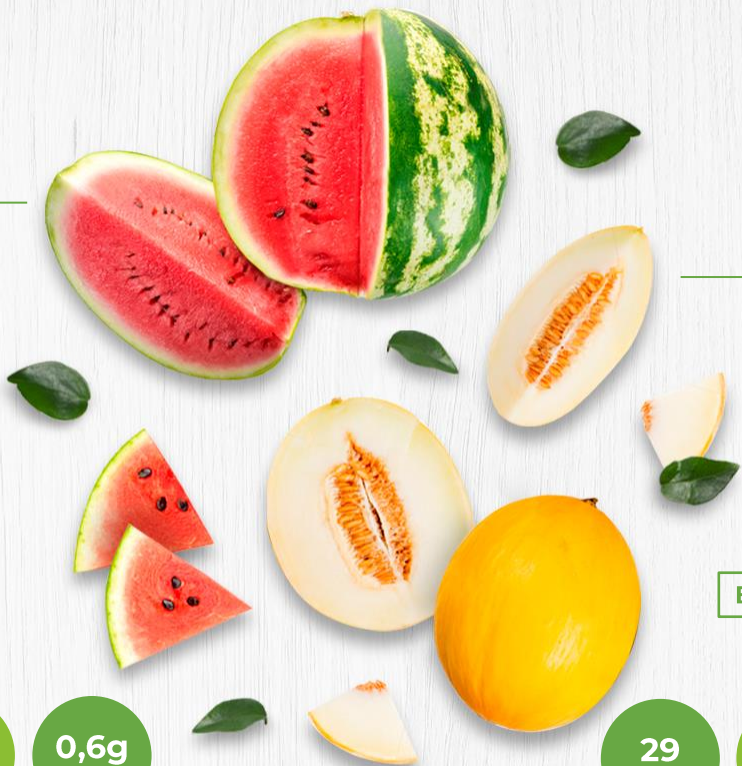
0,4g

FIBER

0,6g

PROTEIN

*Per 100g



Melon

This melon variety is distinguished by its firm, golden and shiny skin, with juicy and sweet pulp. Like watermelon, this fruit **contains about 90% water** and is good for hydrating the body.

Golden melon has many health benefits as it is a good source of **vitamins C and B6**, as well as **potassium and fiber**.

LOWERS BLOOD PRESSURE

EFFECTIVE FOR CONSTIPATION

BOOST IMMUNITY AND MENTAL HEALTH

29

CALORIES

0g

FAT

7,5g

CARBS

0,3g

FIBER

0,7g

PROTEIN

*Per 100g

Apple

Apples are healthy, tasty, and among the most popular fruits in the world. Apple varieties range in color (from red to pink and green to golden), flavor (sweet to sour), and texture (mealy or soft to crisp).

This fruit has many vitamins and minerals, though not in high amounts. However, apples are usually **a good source of vitamin C, fiber, and polyphenols.**

AID WEIGHT LOSS

REGULATE BLOOD SUGAR

THEY MAY HAVE PREBIOTIC EFFECTS AND PROMOTE GOOD GUT BACTERIA

52

CALORIES

0,1g

FAT

13,8g

CARBS

2,4g

FIBER

0,2g

PROTEIN

*Per 100g



Grapes

Known as the key ingredient for making wine, grapes come in all different shapes, colors, and sizes, and have flavors ranging from sweet to sour. They grow in clusters and come in seeded and seedless varieties.

Grapes contain many important vitamins and minerals, including **vitamins C and K.** Also contain many beneficial plant compounds, such as **resveratrol.**

BENEFICIAL FOR HEART HEALTH

PREVENTS CHRONIC DISEASES

IMPROVES MEMORY AND MOOD

68

CALORIES

0,1g

FAT

18g

CARBS

0,9g

FIBER

0,7g

PROTEIN

*Per 100g

Ginger

Ginger is among the healthiest (and most delicious) spices on the planet. The rhizome (underground part of the stem) is the part commonly used as a spice. It is often called ginger root or, simply, ginger.

The unique fragrance and flavor of ginger can be used fresh, dried, powdered, or as an oil or juice. It's has a very long history of use in various forms of traditional and alternative medicine.

Gingerol is the main bioactive compound in ginger. It is responsible for much of ginger's medicinal properties and has powerful anti-inflammatory and antioxidant effect.

PREVENTS VARIOUS TYPES OF NAUSEA

RELIEF OF OSTEOARTHRITIS SYMPTOMS

LOWERS BLOOD SUGAR LEVELS AND
IMPROVES HEART DISEASE RISK FACTORS

80

CALORIES

0,8g

FAT

18g

CARBS

2g

FIBER

1,8g

PROTEIN

*Per 100g





Natubral

**IF YOU ARE LOOKING FOR IMPORTING
THE BEST FRESH FRUITS, COUNT ON US!**

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