JACKFRUIT BENEFITS

140g (1 serving) of Jackfruit provides 133 calories

10% Magnesium
Promotes healthy bone density

13% Potassium
Necessary for maintaiung normal blood pressure and kidney health

Rich in Antioxidants
Essential for bone health and preventing fractures

5% Vitamin A
Necessary for good vision, healthy immune system and cell growth

35% Vitamin B_6
Needed for healthy brain and nervus system

21% Vitamin C
Powerful antioxidant and crucial for producing serotonin

4% Iron
Ennances oxygen transport and supports energy production

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12% Vitamin B_1
Essential for glucose meta-bolism, nerve and heart function

3% Calcium
For Healthy bones, teeth, and muscle contraction