



Pineapple (*Ananas comosus*)

A great **detox** to **revitalize** your system

Enjoy the **antioxidant** effects of this **vitamin C** rich fruit

Free of saturated fats and cholesterol and **full of essential nutrients** for a healthy lifestyle

100% **natural**

Source of an important enzyme nutrient, **Bromelain**

Known as the 'fruit of kings', within is native region of the Amazon. Since Spanish explorers brought the first sample to Europe, pineapples have become a popular crop in most tropical regions of the world, and enjoyed world wide for its sweet acidic tropical flavour.

NU Pineapple

Pineapples have often been recommended in detox diets for their nutritional properties, their low calorie and high water content and for their high antioxidant capacity, derived mostly from the exceptionally high levels of vitamin C found in this remarkable fruit.

Apart from being rich in vitamins A and C, pineapples are also an excellent source for the important enzyme nutrient Bromelain, which is a mixture of important protein and milk-digesting enzymes. Bromelain helps the body's digestive system and has been shown to have anti-inflammatory properties. Bromelain has also been found to aid the action of certain antibiotics and drugs and also complementing the healing process in the cases of trauma caused by injury.

Pineapple has found its way into a variety of dishes throughout the world, their sweet and sour flavour enhancing recipes to give a great tropical twist. This naturally sweet fruit also makes a superb refreshing drink, which combines excellently with other topical fruits to make mouth-watering juices.

