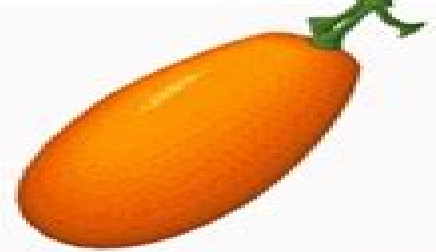


Kumquat



1

Increase Immunity

It contains 43.9 mg/100g that fulfills 73% of the RDA (Recommended Daily Allowance).

2

Rich in Vitamins

Kumquat contains a high amount of antioxidants like Vitamin A, Vitamin C and Vitamin E.

3

Improve Cardiovascular Health

Eating kumquat lowers cholesterol and triglycerides in the blood.

4

Protect from Diabetes

Eating kumquat reduces the risk of developing Type 2 diabetes.

5

Protect from Inflammation

Kumquat is rich in phytonutrient, antioxidants and tannins that prove useful to prevent inflammation.

6

Prevent early Aging

Such a rich source of antioxidants protect skin damage from free radicals.

7

Increase Blood production

Kumquats are the rich source of nutrient that is required for the production of blood.

8

Fasten Recovery

Kumquat contains a good amount of Vitamin C that increases recovery capacity of the cell.

9

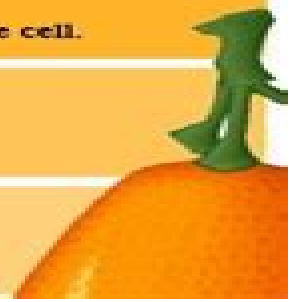
Bone and Teeth health

It contains calcium that strengthens bone and teeth.

10

Increase Energy

Excellent source of Riboflavin that is required for the metabolism of carbohydrate.



The Kumquat Statement

R Barnett



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