

Nutrition Facts

Mangosteen Serving size (100g)

Amount Per Serving

Calories **70**

	www.ihcare.ae	% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	18g	7%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes	0g Added Sugars	0%
Protein	< 1g	2%
Vitamin D	0mcg	0%
Calcium	13mg	0%
Iron	0.36mg	2%
Potassium	0mg	0%
Vitamin A	108mcg	0%
Vitamin C	4.5mg	4%
Magnesium	12.6mg	4%
Manganese	0.115mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.