

Luscious and juicy sweet, **mangoes** (*Mangifera indica*) are popular throughout the world. Mangoes are widely used in various ethnic cuisines. Sour, unripe mangoes are used in chutneys and side dishes. Ripe mangoes are often used in curries or sliced into thin layers, dried and used as fruit snacks or fruit bars. Mangoes are used in many exotic, tropical juice blends for its unique flavor, and in smoothies, ice cream and sorbet. However, mangoes not only taste good but also have many health benefits. On realizing numerous benefits of mango, your love for this fruit will increase many-fold.

Mango fruit is an excellent source of **carotenoids**, including beta-carotene (vitamin A), alpha-carotene, and beta-cryptoxanthin, which gives it the characteristic yellow-orange color. It is a good source of **potassium** with 200 g of fruit providing 312 mg. It also provides **vitamin B6, vitamin C and vitamin E**. Mango peel is very rich in **antioxidants** including xanthone C-glycosides, gallotannins (mangiferin, penta-O-galloyl-glucoside gallic acid, and methyl gallate), and benzophenones as the major phenolic compounds (Barreto, 2008). These compounds in mango have potent antioxidant activity against superoxide anions and is comparable to vitamin C (Saito 2008). Mango is also rich in antioxidant triterpenes known as lupeol and in the flavonoid rhamnetin.

Mango has health benefits for the **thyroid** in preventing hypothyroidism by stimulating thyroid function and by lowering lipids and other cardiovascular risk factors. **Hypothyroidism** is a very common condition as people age and also can be caused by excessive stress which over stimulates adrenal hormones. Excessive adrenal hormones have a suppressive effect on thyroid which leads to weight gain and fatigue. A study evaluated various fruit peel extracts for how they regulate thyroid. The effect on thyroid was related to tissue lipid peroxidation, thyroid dysfunction, and lipid and glucose metabolism.

Giving the mango peel to the test animals significantly increased both the thyroid hormones (T3 and T4) and decreased lipid peroxidation of tissue, suggesting the thyroid-stimulating and antioxidant effects. This thyroid stimulatory property was even evident in induced states of hypothyroidism. Mango peel extracts could even increase the levels of serum T3 and T4 in normal functioning thyroids (Parmar, 2009). Another study showed that when treated with mango peel extracts, rats with unhealthy diet reversed or normalized levels of **serum fats, glucose**, and increased the levels of **thyroid hormones and insulin** (Parmar, 2008).

Mango has several qualities that make it excellent for **digestive health**. The seed helps prevent diarrhea and is used in Indian traditional medicine. In a study inducing experimental diarrhea with castor oil and magnesium sulphate, the active compounds from mango peel given at a dose of 250 mg/kg, had significant **anti-diarrheal** activity comparable to the standard diarrhea treatment drug, loperamide (Sairam, 2003). Mango fiber and polyphenols have anti-inflammatory effects in **constipation** by improving stool frequency, consistency, and shape. It also increases fecal concentrations of short chain fatty acid which is a fuel for gut cells and lowers endotoxin (Venancio, 2018).

There are many other health benefits of mango. **1)** It shows **anti-prostate cancer** activity in its triterpene Lupeol. Lupeol and mango pulp extract supplementation resulted in the arrest of prostate enlargement in testosterone-treated animals. Human prostate cancer cells were killed by lupeol-induced apoptosis by modulating cell-growth regulators (Prasad 2008). **2)** A Mango extract known as Vimang tablets used at 900 mg a day helped to reduce disease activity in those with **rheumatoid arthritis (RA)** after a year of treatment (López Mantecón, 2014). **3)** For improving **microcirculation and blood sugar** levels, 300 mg of the Mango fruit extract reduced postprandial glucose levels and postprandial endothelial blood vessel function which has a beneficial effect on microcirculation (Buchwald-Werner, 2017). It also improved endothelial nitric oxide synthase by up to 60% for its effect on microcirculation in an in vitro study, which is at least partly mediated by endothelial nitric oxide synthase activation (Gerstgrasser, 2016).

The peel and seed of mangoes have a high concentration of phytochemicals responsible for many traditional medicinal health benefits. Draco uses the **whole fruit** containing the seed and peel in its **two-stage extraction** process, so the levels of these phytochemicals will be higher than a typical mango juice powder. To promote all significant health benefits, simply try **Draco Whole Mango Extracted Powder**.

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Cosmetic Corner

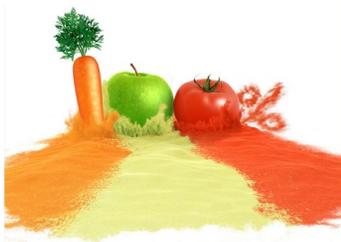
Mango Bioactive Protects Collagen and Elastin in the Skin

Extrinsic factors like sunlight, chemicals and toxins activate inflammatory skin enzymes (elastase and collagenase) that normally cause the destruction of elastin and collagen which are important skin proteins to have firm, wrinkle-free skin. A polyphenol in mango, mangiferin has strong antioxidant properties and has the ability to penetrate into the deeper layers of the skin. It can permeate down through the stratum corneum and through the epidermis and dermis, as well in comparable amounts. A study has shown it can **inhibit elastase and collagenase activity** (Ochoka, 2017). Mango extract can inhibit these enzymes to protect skin on a daily basis from excess sun damage and aging.

Mango extract as an inside-out supplement can improve microcirculation of the skin by increasing nitric oxide levels at relatively low dosages.

Draco's Mango Extract is filled with skin-friendly nutrients that have anti-wrinkle and microcirculation-enhancing properties.

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