

## DATA SHEET RED DRAGON FRUIT *(Hylocereus undatu)*

### PRESENTATION

Red Dragon Fruit White Flesh, *Red Pitaya* known in pre-Hispanic culture, is an original species of the cactus family. It has an ovoid or rounded shape, with a red skin with bracts (leaflets) instead of spines on the outside and white pulp with seeds on the inside, with a fleshy and waxy appearance.

### NUTRITIONAL BENEFITS

- Hydrating and nourishing fruit rich in sugars, fiber, antioxidants, essential vitamins, carotene, and minerals.
- 1kg of fresh Red Dragon Fruit contains 50% of vitamin C to be consumed daily, which is involved in tissue repair and the enzymatic production of certain neurotransmitters.
- Contains captin, a substance that acts as a cardiac tonic and stimulates the nervous system, preventing memory loss.
- Promotes a balanced diet to control diabetes and prevents its progression of type 2, stabilizes blood sugar levels.
- Improves digestion or constipation problems, gastritis, etc., perfect for cases such as stomach pain or peptic ulcers.
- Good for eyesight, skin, dental health, bones and prevents premature aging.
- Loaded with phytoalbumins, an antioxidant that prevents cancer-causing free radicals and blocks tumor cell growth. Also rids the body of toxic heavy metals.
- Reduces cholesterol levels and helps control and reduce overweight.



# ManaHaya

## NUTRITIONAL TABLE

*(Hylocereus undatu)*

Nutritional Factor *	Content (g)
Water	89,4
Protein	1,4
Carbohydrates	13,55
Dietary Fiber	3,3
Calories	36,0
Sugar	9,51
Fats	0,1
Saturated fat	0,5
Polyunsaturated fat	0,164
Monounsaturated fat	0,065
Ash	0,5
Cholesterol	0

Minerals	Content (mg)
Sodium	2,0
Potassium	190,0
Calcium	26,0
Iron	1,3
Phosphorous	26,0

Vitamins	Content (mg)
Riboflavin (B1)	0,04
Thiamine (B2)	0,03
Niacin (B3)	0,37
Ascorbic acid	25,0
Vitamin C	25,8

## PHYSICOCHEMICAL CHARACTERISTICS

Reference	Quantity
Weight (g)	406,7 – 556,8
Total soluble solids (°Brix)	16 – 18
pH	5,72 ± 0,6



# ManaHaya

## COMMERCIAL DESCRIPTION

### Sizes:

From 250 to 900 grams (we handle 12 sizes depending on the market)

Size Code	Weight per unit
A	250 - 300
B	301 - 350
C	351 - 400
D	401 - 450
E	451 - 500
F	501 - 550
G	601 - 650
H	651 - 700
I	701 - 750
J	751 - 800
K	801 - 850
L	851 - 900

### Harvest Time:

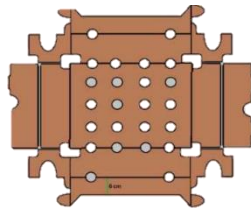
ene • feb • mar • abr • may • jun • jul • ago • sep • oct • nov • dic

■ High season

■ Low season

### Packaging:

Packed in boxes of 4.5 kilos



## CERTIFICATIONS



**AGROCALIDAD**  
AGENCIA ECUATORIANA  
DE ASEGURAMIENTO  
DE LA CALIDAD DEL AGRO



# ManaHaya

PRODUCED AND DISTRIBUTED BY:

**MANAHAYA S.A.**  
**Red Dragon Fruit (White Flesh)**  
*Hylocereus undatu*

**Located:** Montecristi - Manabí ECUADOR

**Commercial Contact:** Please contact your local representative.

**Int. Contact:** [ventas@manahaya.com](mailto:ventas@manahaya.com)

**Phone:** +593 53700740

**Website:** [www.manahaya.com](http://www.manahaya.com)