

EL KIWI ZESPRI SUNGOLD Y LA VITAMINA C

INVESTIGACIONES LLEVADAS A CABO HASTA EL MOMENTO¹

6 ENSAYOS CLÍNICOS EN HUMANOS¹⁻⁷

CONSUMO DIARIO



1-2

para alcanzar niveles de vitamina C en el plasma 'saludables'¹⁻⁷



2

para mejorar el nivel del estado de ánimo², aumentar la absorción de hierro³⁻⁴ y aportar pequeñas mejoras en la salud metabólica y cardiovascular



3-4

para la defensa celular protectora⁵⁻⁶



RESULTADOS ESTADÍSTICAMENTE SIGNIFICATIVOS

- ✓ Consumir kiwi eleva de manera eficaz los niveles de vitamina C en el plasma sanguíneo y en los músculos esqueléticos¹⁻⁷
- ✓ La suplementación de vitamina C mediante kiwi puede mejorar el estado de ánimo general, lo cual reduce los síntomas de depresión, fatiga y trastornos del estado de ánimo²
- ✓ Comer kiwi acompañado de cereales enriquecidos con hierro puede aumentar los niveles de hierro³⁻⁴
- ✓ Los alimentos ricos en antioxidantes, como el kiwi, pueden contribuir a prevenir las enfermedades relacionadas con el estrés oxidativo y el envejecimiento prematuro⁵⁻⁶
- ✓ La suplementación con kiwis puede aportar leves mejoras en varios marcadores de salud metabólica y cardiovascular⁷

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