

ORGANIC RED PITAYA FROZEN PULP

Family : Dragon Fruit

PRODUCT SPECIFICATION

PRODUCT CODE: ORGPTY00456

PRODUCT CHARACTERISTICS

Botanical Name
Plant Part
Description
Flavor
Solubility
Preservatives
Origin
Tariff Code
Shipping Classification
Storage
Availability

SPECIFICATION

Dragon Fruit
Whole Fruit w/ Seeds
Powder 60 mash red-pink color
Typical natural
Soluble in Water
None
Peruvian Amazon
0813.30.00
70 M
Dry at 20 C / 70 F
Year-round



DESCRIPTION:

Dragon fruit is a tropical fruit that has become increasingly popular in recent years. Though people primarily enjoy it for its unique look and taste, evidence suggests it may provide health benefits as well.

Dragon fruit grows on the *Hylocereus* cactus, also known as the Honolulu queen, whose flowers only open at night. native to a region including [Mexico](#), [Guatemala](#), [Nicaragua](#), [Costa Rica](#), [El Salvador](#), and northern [South America](#).^{[1][2]} The dragon fruit is cultivated in [Southeast Asia](#), [southern California](#), [Florida](#), the [Caribbean](#), [Australia](#), and throughout [tropical](#) and [subtropical](#) world regions.

Dragon fruit contains several types of [antioxidants](#).

These are compounds that protect your cells from unstable molecules called free radicals, which are linked to chronic diseases and aging ([2Trusted Source](#)).

These are some of the main antioxidants contained in dragon fruit pulp ([3Trusted Source](#)):

- Betalains: Found in the pulp of red dragon fruit, these deep red pigments have been shown to protect “bad” LDL cholesterol from becoming oxidized or damaged ([4Trusted Source](#)).
- Hydroxycinnamates: This group of compounds has demonstrated anticancer activity in test-tube and animal studies ([5Trusted Source](#)).
- Flavonoids: This large, diverse group of antioxidants is linked to better brain health and a reduced risk of heart disease ([6Trusted Source](#), [7Trusted Source](#), [8Trusted Source](#)).

HEALTH BENEFITS :

Animal studies suggest that dragon fruit may provide various health benefits.

Many of these are likely due to its fiber and antioxidant content.

Both red and white varieties of dragon fruit have been shown to reduce [insulin resistance](#) and fatty liver in obese mice ([11Trusted Source](#), [12Trusted Source](#), [13Trusted Source](#)).

In one study, mice on a high-fat diet who received an extract of the fruit gained less weight and had reductions in liver fat, insulin resistance, and [inflammation](#), which were attributed in part to beneficial changes in gut bacteria ([13Trusted Source](#)).

Dragon fruit contains prebiotic fiber that promotes the growth of beneficial bacteria in your gut — potentially improving metabolic health ([14](#)).

Although this fruit may improve certain features of metabolic syndrome — a condition associated with type 2 diabetes — not all effects may be favorable.

In a study in mice on a high-fat, high-carb diet, the group that received dragon fruit juice had better blood sugar responses and reductions in some liver enzyme markers, while another liver enzyme marker significantly increased ([15Trusted Source](#)).

In another study, rats with diabetes treated with an extract from the fruit had a 35% reduction in malondialdehyde, a marker of free-radical damage. They also had less arterial stiffness, compared to the control group ([16Trusted Source](#)).

Study results on the effects of dragon fruit on type 2 diabetes in people are inconsistent, and more research is needed to confirm these beneficial effects ([17Trusted Source](#)).

Ideas for serving dragon fruit:

- Simply slice it up and eat it as is.
- Chop it into small pieces and top with Greek [yogurt](#) and chopped nuts.
- Include it in a salad.
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Here are the nutrition facts for a serving of 3.5 ounces, or 100 gr :

- **Calories:** 60
- **Protein:** 1.8 grams
- **Fat:** 0 grams
- **Carbs:** 13 grams
- **Fiber:** 3 grams
- **Vitamin C:** 3% of the RDI
- **Iron:** 4% of the RDI
- **Magnesium:** 10% of the RDI

INGREDIENT STATEMENT

Produced with Organic Red Pitaya Fruit.

ALLERGEN STATEMENT

There is no historical date available of any case of Allergies with Pitaya Fruit - Produced with 100% Natural organic fruit with no carriers, confirmed Allergen Free.

PITAYA POWDER IS PRODUCED/PROCESSED FROM RAW MATERIALS THAT ARE:

Not genetically modified.

No enzymes, preservatives or additives are used during the production.

No Irradiation is used in or during the process.

No ETO used

BSE FREE.

No Gluten.

They are Vegetarian and Vegan

PACKAGING and STORAGE

Industrial: Double line Plastic Bag in 55 Gl Steel Drums / 44 Lbs Plastic Bucket / 100 Gr-3.5 oz Frozen pouches..
Store in Freezer.

SHELF LIFE

24 months from production date, after manufacturer packing opened valid for maximum 12 months.