



PITAHAYA

Certifications: **Global Gap**

Availability: **June to October**

Varieties: **Hylocereus polyrhizus (Orejona, Rosa, Lisa)**

Minimum Brix %: **12%**

Pulp color: **Red, pink or purple**

Characteristics:

Rich in vitamin C and antioxidants like flavonoids, phenolic acid and betacyanin

Naturally fat-free and high in fiber

Helps lower the blood sugar

Contains prebiotics, which are foods that feed

Healthy bacteria called probiotics

Strengthens the immune system

The seeds contain linoleic acid which improve digestion and intestinal transit