



DATA SHEET



GENERAL INFORMATION

This fruit is known by its sweetness, good resistance to transport and long post-harvest life. It has an ovoid shape, elongated 10 to 15 cm in diameter, the pulp is white with numerous small black seeds themselves containing unsaturated fatty acids, which are very beneficial to cleanse the body.



NUTRITIONAL BENEFITS

- ✓ The seeds, which are edible, contain beneficial fatty acids, which help digestion by regulating intestinal transit.
- ✓ The fruit contains captina, a substance that acts as a cardiac tonic and stimulates the nervous system.
- ✓ Contains, among others, antioxidants, mucilages, ascorbic acid, phenols; that allow us to delay cell aging.
- ✓ Strengthens the immune system.
- ✓ It helps us prevent kidney stones
- ✓ Regulates blood sugar level (glycemia)
- ✓ It stimulates collagen production



NUTRITION FACTS

AVERAGE PER 100 G*

Energy value	50 kcal
Water	85.6 g
Proteins	0.40 g
Fibers	0.50 g
Calcium	8.26 mg
Magnesium	39.58 mg
Zinc	0.63 mg
Vitamin B2	0.04 mg
Vitamin B3	1.45 mg
Vitamin C	6.61 mg



BRIX

18 degrees.



HARVEST SEASON

           

Ene Feb Mar Abr May Jun Jul Ago Sep Oct Nov Dic



PACKING

The pitahaya is packed in boxes of 2.5 kilos and a master box carries 8 boxes of 2.5 kilos.



CALIBERS

The boxes contain from 5 to 9 units.



LOGISTICS

Air Freight, or sea.



MARKETS

Hong Kong, Canada, United States, United Arab Emirates, Russia, among others.