



Baobab Powder

Though this healthy powder contains a variety of essential minerals, its most impressive nutritional benefit comes from its vitamin C content. A 100-gram serving of fruit pulp contains as much as 500mg of vitamin C – that's almost ten times the content in a 100-gram serving of fresh oranges. This powder also contains nearly 50% fiber (both soluble and insoluble) and it possesses more antioxidants than any other fruit. Here are some of the top benefits baobab powder has to offer:



1. Heart Health.

The mineral content of this powder has been shown to lower blood pressure and improve circulation, two things that will help to prevent heart disease and stroke.

2. Digestive Health.

Because this powder contains both soluble and insoluble fiber it is great for your digestive system. In addition to regulating your digestion, this powder may help to reduce gut inflammation to improve nutrient uptake.

3. Immune Health.

This powder is packed with antioxidants which can protect your cells against free radical damage. The vitamin C content is very beneficial for your immune health and it also helps to support tissue growth and repair.

4. Skin Health.

The vitamin C content of this powder helps to increase the production of collagen and elastin in your skin, the proteins that help to keep your skin supple and wrinkle-free.

5. Weight Loss.

Studies have shown that the vitamin C content of a person's diet could impact their fat-burning abilities. This vitamin C-rich powder may help you burn more fat and lose more weight than following a healthy diet alone.

6. Bone Health.

Two of the minerals found in this powder – calcium and magnesium – play an important role in supporting bone health, especially as we age.

7. Detoxification.

This supplement has been shown to improve liver function which, in turn, helps to support your body's natural detoxification ability.

In addition to being loaded with health benefits, this fruit has a nice citrus flavor with the perfect blend of sweetness and tanginess. In fact, you can use the powder as a nutritional supplement or as an ingredient in your favorite recipes.

Baobab Fruit Powder Nutritional Content

Product Weight	100 <i>g</i>	Vit B1	0.17 <i>mg</i>
Calories	253 <i>g</i>	Vit C	266 <i>mg</i>
Fat	<1 <i>g</i>	Calcium	285 <i>mg</i>
Protein	2 <i>g</i>	Potassium	1980 <i>g</i>
Carbohydrates	38.8 <i>g</i>	Magnesium	161 <i>g</i>
Fibre	47 <i>g</i>	Iron	5 <i>mg</i>

MYNAWIRI was created with the aim of increasing the use of local plants to help you boost your health on a daily basis, and develop education about the medicinal properties offered by nature. Our ‘superfoods’ are growing locally in the Shimba Hills of Kwale County and on the rest of the Southern Kenyan Coast. We organically farm Moringa directly, while also involving local communities in collecting the wild superfoods such as Baobab, Moringa and Neem. MYNAWIRI considers impact on the local environment as a primary concern. In order not to affect the eco-system by collecting wild plants, we have created a nursery of 1,000 Baobab trees, and 1,000 Neems trees. Our 140,000 Moringa trees and the 1.5 million Moringa trees planted by our out-growers strongly support the reforestation of the region and carbon sequestration. Local individuals are benefitting from new sources of incomes and agronomic training supporting their socio-economic development.



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