



South American Nutraceutical Products

A white paper providing an overview of nutraceutical products from South America



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South American Nutraceuticals

This white paper will provide an overview of popular nutraceutical products that come from South America. Many of these products are sold as fresh fruit in these countries. However, consumers in western countries can purchase these products as supplements or powders. This white paper covers five popular nutraceutical products that fall into this category.

This white paper will cover a variety of fruits from South America, which are also sold in powdered form in Western countries.

Moringa, acai berries, Camu Camu, mesquite, and moringa can all be found in powdered form at online supplements or health food stores. These products are already available in many online stores such as Amazon and are very popular in Western countries.

These products may help with a wide variety of health issues.

Because of their favorable nutritional profile, these products can help with many types of health issues. These products are abundant in zinc, Vitamin C, potassium, magnesium, and calcium to name a few. These products may be able to help you with health issues such as diabetes, obesity, hypertension, and even mental health issues.

White Paper Research

We looked at as many randomized controlled trials and other studies as we could, in order to determine whether some of these products may help with certain health issues. Other claims are made based on the nutritional profile of each nutraceutical product, focusing on how zinc or antioxidants can help with various health issues. All five of these products offer an abundance of potential health issues, and can easily be incorporated into your diet.



Moringa Powder

Moringa powder is made from the dried leaves of the Moringa tree. Scientifically referred to as *Moringa oleifera*, the Moringa is a native of Northern India and South America. The Moringa tree is an extremely nutritious plant, with a large number of health benefits. It has been used for centuries as a health and cosmetic supplement, and its benefits are immense. The plant contains a wide range of vitamins and minerals which are beneficial to our health. These include; Vitamins A, B, and C, Magnesium, iron, Phosphorus, Potassium, and calcium. Moringa Powder is also rich in antioxidants, which makes it a very popular nutraceutical product. The combination of these Vitamins and Antioxidants makes this a very healthy nutraceutical product, which can help with many types of health issues.

Moringa powder may be able to improve your skin health.

Moringa powder is packed with vitamins and minerals that can benefit your skin health. Moreover, moringa's nutritional profile can also help reduce the effects of aging. Moringa powder also has detoxifying properties, and it is ideally used to treat skin infections and sores. Vitamin E in particular has been shown to help benefit your skin health. Moreover, the natural Vitamin C can also help to boost your collagen levels, which is beneficial for skin health.

Studies have also demonstrated how moringa powder may help with inflammation.

Inflammation is an immune response to foreign substances in our bodies. It may occur due to injury, an irritant, or a pathogenic organism. Typically, inflammation is part of the healing process. Moringa powder contains polyphenols and isothiocyanates, which are responsible for lowering inflammation. Moringa reduces inflammation in cells by suppressing the inflammatory enzymes in the body. One study demonstrated that the anti-inflammatory properties of Moringa powder allowed it to help reduce the symptoms of colitis.



Moringa powder is an excellent source of antioxidants

Antioxidants are essential for preventing the effect of free radicals on cells. They also contribute to repairing damaged cells. Moringa is known to have one of the highest antioxidant contents; its antioxidant levels are comparable to antioxidant-packed foods such as matcha. Antioxidants help counter oxidative stress caused by high levels of free radicals in the body, linked to various chronic diseases like type 2 diabetes. Taking moringa powder is a sure way to protect you from free radical damage.

One study even examined how moringa powder may help manage the symptoms of diabetes

A high blood sugar level is the defining characteristic of diabetes. It poses other health risks, such as heart disease. You have to regulate your blood sugar to within acceptable limits to avoid health complications. Fortunately, various studies have revealed that Moringa extracts can help lower blood sugar. Although most of the results are based on animal trials, human studies could further solidify this claim. One study conducted on a group of diabetics found that adding moringa leaves to their food reduced the rise in blood sugar significantly. Still, more research is needed to reveal the actual effect of Moringa on blood sugar. Nevertheless, the powder is still used to help prevent and combat diabetes.

Moringa Powder is very nutritious and can even help boost your immune system.

Most foods mainly provide just a single nutrient, like vitamin A in carrots, vitamin C in citrus, and so on. On the other hand, Moringa leaves are packed with nutritious goodness. You'll find iron, vitamin A, vitamin B2, vitamin C, magnesium and vitamin E. Moringa powder is also a rich source of plant protein containing 2g of protein per 21g serving. The superfood contains all nine essential amino acids and is suitable for anyone living a vegetarian lifestyle.



Moringa is superb for boosting your immune system. For our bodies to stave off disease and infection, our immune system has to be in top shape. Moringa leaves are a rich source of iron and vitamin A, both of which are essential for our immune system. The superfood contains calcium and phosphorus. These minerals are essential for a healthy skeletal muscle system, and they also influence our immunity. Moringa extracts also contain niazimicin, a compound that prevents the growth of cancer cells.

Moringa Powder is gaining popularity globally because of its numerous health benefits.

Moringa is rapidly becoming a staple among many health-conscious consumers around the world. And its health properties are quickly gaining traction globally. Moringa powder is available in powder and capsule forms. Though taking moringa capsules may not give you the same nutritional benefits as a balanced diet. Consistent incorporation of moringa powder into your diet will see you reap the health benefits of Moringa powder.



Acai Extract

Acai is a popular fruit in countries like Brazil, but you can still purchase acai extract in Western countries.

Acai fruit is an extremely healthy fruit that is very common in countries such as Brazil. The Acai fruit is packed with different plant factors like anthocyanin and other antioxidants. Acai fruit may be able to help you lose weight, improve your skin, keep your heart in check, and aid digestion.

The acai fruit is a native of the South American rainforests. The fruit's external skin has numerous small holes called pits which earn them the botanical term drupe. Acai berries have a poor short shelf life once harvested. And if you aren't present during a harvest, you will not be able to taste a fresh acai berry. Still, given the numerous health benefits of acai, they are a massive export product. You can find acai-dried fruit at select grocery stores, as well as acai extract, and still enjoy the numerous health benefits of Acai.

Acai may be able to improve your heart health.

Your heart must operate without straining to function optimally. Unnecessary fat deposits like LDL tend to overload the heart and increase the risk of a heart attack. However, acai fruit is rich in anthocyanin, an antioxidant that can help you lower your cholesterol. This compound prevents LDL cholesterol from accumulating throughout your circulatory system. Moreover, the plant bears sterols that boost vasodilation. Therefore, blood in your vessels tends to flow more smoothly from one organ to the next, which drastically reduces the risks of someone having a stroke.

Acai fruit has antioxidants, which can help improve your cognitive functioning

Acai fruit has shown positive results on your neurological health. The fruit has a significant amount of antioxidants, which can help to offset the negative impacts of oxidative stress on the brain. These compounds scavenge for free radicals in your body and reduce inflammation in your brain. Inflammation has been linked to various forms of mental illnesses, including depression. Additionally, Acai stimulates autophagy in the brain. Autophagy is a regenerative process inside your body where old cell components are reused, and new ones are formed. The process can help boost memory and learning.



If you want to lose weight naturally, then acai may be an option to consider.

Acai employs various mechanisms to boost your weight loss journey. First off, the pulp is high in fiber and stimulates satiety. Secondly, Acai berries tend to cut LDL and total blood glucose. Reduced glucose levels allow your body to exploit other sources of energy like fat and fast-track weight loss. Finally, acai fruit is very filling and nutritious and is also very low in calories. The current consensus is that acai fruit can be a part of a weight loss plan, but there are not any independent studies that focus on how acai berries can help you lose weight.

Acai fruit is very nutritious

Acai fruit has an impressive nutrient profile with plenty of calories, fiber, vitamins, and minerals. You can supplement your diet with acai and avoid a range of nutrient deficiencies. Acai berries are one of the few fruits with an impressive lineup of minerals. You'll get a healthy dose of potassium, calcium, and phosphorus, which all have a plethora of health benefits.

You could get fresh fruit if you were in a South American rainforest where acai palm trees grow. However, most people have to consume Acai extract, which has all of the same health benefits in a convenient form that can be ordered online. The acai pulp is generally converted into tablets, dried powder, frozen fruit puree, or beverages. Moreover, the fruit is used in the cosmetics industry for acai oil and body cream, bearing numerous health benefits. When buying acai products, you have to check out the package label. Since the fruit has a short shelf-life, it is usually available in a processed form. But to get the full benefit, buy dried acai pulp with no added sugar. Sugar tends to mask any potential benefits of eating acai.



Mesquite Powder

Many types of nutraceutical products from South America, such as Mesquite powder, are gaining traction in developed western markets. It is not that hard to see why after examining the numerous health benefits of Mesquite powder. The Mesquite tree is native to South America. The Mesquite pods are often dried and later ground into powder. Native Americans have for years used Mesquite powder to make multiple home remedies. Also, the plant was a constant feature in porridge, soups, and different drinks. Today, this superfood is readily available in many western countries. The tree's savory essence means that you can combine Mesquite powder in various dishes and cakes. All-natural alternatives like Mesquite powder are safe, savory, and have a wide range of benefits. These plants have a rich nutrient profile that delivers plenty of protein, manganese, iron, and magnesium, which can help improve both your physical and mental health.

This nutraceutical product is great for athletes who are trying to boost their muscle mass.

People go to the gym to build muscle while working out. However, you won't realize significant gains without a diet rich in protein and amino acids. Fortunately, mesquite powder has loads of lysine, a plant-derived protein that helps increase protein synthesis. You can quickly combine the powder into smoothies and snack bars for a nutritious meal or shake. Following the digestion of mesquite powder, the proteins and other nutrients rapidly cross into your bloodstream. Mesquite powder has not been studied extensively for this exact health benefit, given that the market is flooded with a plethora of protein products targeting athletes and people who frequently work out.

It can also help boost your immune system because it has a lot of zinc.

Your immune system requires a cocktail of nutrients to counter a range of external attacks on your body. Mesquite powder has plenty of zinc which plays a crucial role in your body's immune response. The production of white blood cells and T-cells will readily occur when your body receives abundant zinc. That is why you'll experience slow-healing wounds if you suffer from zinc deficiency. Zinc is also a standard treatment solution against common colds as it cuts down the duration of the infection. Also, the mineral is effective against ulcers, different rashes, and acne. Consuming mesquite powder, along with other natural sources of zinc, could be a solid alternative to taking zinc supplements.



Diabetics may benefit from consuming Mesquite powder

Mesquite has a low glycemic index which means that the ingredient has a slow rate of digestion. Therefore, you will experience fewer blood sugar spikes after eating mesquite-laden foods. Mesquite powder is a handy alternative to regular sugar, and it can easily be added to food or drinks.

It can also help lower your blood pressure

High blood pressure is a common lifestyle disease all over the world. A significant factor that fosters hypertension is a poor diet. Excessive saturated fats, sugars, and a sedentary lifestyle will lead to high blood pressure. Nevertheless, mesquite powder is a healthier alternative to sugar. It has a low-calorie count and lots of fiber to keep you from frequent and unhealthy snacking. Furthermore, mesquite bears rich quantities of potassium that counteract excessive sodium in the blood.

It may also help with issues such as anxiety and depression

Your body runs on multiple nutrients, which provide enough energy to run your day. Also, you need a variety of minerals to enact numerous metabolic functions and maintain various cognitive functions. Deficiencies will lead to anxiety, depression, and other psychiatric disorders. Mesquite powder bears a healthy dose of magnesium. This mineral prevents overstimulation of nerve cells and encourages proper brain function. Additionally, adequate magnesium allows you to get better sleep and ultimately prevent depression.

How to add it to your diet

Mesquite powder is a fantastic alternative to sugar. The supplement is perfect for cooking different dishes because of its rich flavor. You can easily add a few scoops to your food or smoothies. You can use the powder for baking cookies and even include it in breakfast cereal. Also, mesquite works well as a natural sweetener in coffee or tea. The plant has a rich nutrient profile that features multiple minerals, fiber, and protein. Some minerals, like zinc, are essential for strengthening our immune response. You can equally find potassium in mesquite powder which prevents heart disease, bone degradation, and kidney stones.



Lucuma Powder

Lucuma, which is a fruit that grows on lucuma trees, is found only in Chile, Ecuador, & Peru. However, most consumers actually purchase lucuma powder, which is dried at low temperatures to retain nutrients and then crushed into a fine powder. Lucuma powder is used as a natural healthy sweetener, in lieu of sugar or other alternative sweeteners such as Splenda or Stevia.

Lucuma is naturally gluten-free and vegan, the lucuma fruit tastes like an avocado mixed with pear and has a dry, mealy texture. The sweet taste of lucuma powder also makes it an excellent baking staple. Fresh lucuma fruit is hard to get by outside of South America, although its flour, pulp, or puréed forms may be found in many health foods and Latin American supermarkets.

There is ample growth potential for the lucuma powder market, given that it can be added to both foods and drinks, and also because many consumers are searching for new, healthy alternative sweeteners. The lucuma powder market is projected to reach \$1.45 billion by 2027, growing at over 4% per annum.

Lucuma is a good choice for people who have diabetes

People who are struggling with diabetes, often have to monitor the glycemic index of the foods they eat or avoid eating excessive carbs or sugars. Luckily, lucuma powder may be a healthy addition to the diet of someone who is diabetic. Lucuma extracts were proven to reduce Type 2 diabetes-related hypoglycemia (low blood sugar) and hypertension according to information presented in a WebMD article. There are more complex carbs in lucuma than simple ones (such as sugars and starches). Carbohydrates with a longer half-life, such as lucuma, are less likely to cause blood sugar increases than those with a shorter half-life, like sugar.

A glycemic index is a useful tool for people with diabetes to plan their meals since it allows them to see how carbs affect their blood sugar levels. Lucuma powder has a lower glycemic index, which means it's better for keeping blood sugar levels stable over time.



However, the glycemic index score can be affected by various factors, making it difficult to validate or reject lucuma's low glycemic index score without more studies.

Studies have shown it may help lower your blood pressure

Recent research conducted in 2009 found that lucuma had the potential to help lower one's blood pressure. This study focused on the health benefits of lucuma powder, among many other types of Peruvian fruits. This could be related to many different factors but is most likely a result of the high level of antioxidants in lucuma and other Peruvian fruits. Consequently, lucuma is beneficial for both heart as well as health & diabetes management, since it can help lower your blood pressure.

Lucuma powder is abundant in antioxidants and flavonoids

One of the main health benefits of lucuma powder is that it contains an abundance of antioxidants, which benefit the human body in many ways. Most notably, the consumption of antioxidants can help protect the body from free radical damage. Many types of nutraceutical products have been gaining popularity in the past few decades because of the high levels of antioxidants in these products.

Lucuma is also very healthy because of the number of flavonoids that it has. The flavonoids found in lucuma are abundant, as reported in a 2010 study. Antioxidant and inflammation-reducing flavonoids are responsible for your food's brilliant color as well as its lively taste, and flavonoids have a plethora of health benefits. Research from the University Of Oregon shows that flavonoids can help with inflammation and that they also have anti-cancer and neuroprotective properties.



Nutritional Profile is favorable

It can be very healthy to consume a moderate amount of carbohydrates from fruits like lucuma, rather than consuming traditional high-carb food, which may not be very healthy. Notably, lucuma has a low glycemic index, so it won't interfere with your blood sugar levels and is suitable for those with diabetes as well.

As an excellent source of iron, lucuma may be useful in the prevention of anemia. This is particularly helpful for women, as women are more vulnerable to this condition and athletes need to ensure adequate iron levels to perform at their best. Scoop lucuma powder into your daily smoothies if you're prone to anemia and want to prevent it.

Lucuma has a lot of potassium, which is great for muscle repair. An excellent pick for a workout and endurance athletes in general, this is a fantastic option. Of course nonathletes or people who only moderately exercise can benefit from consuming more potassium, as potassium can help your health in many ways.

Lucuma powder may be able to help people's physical and mental health in other ways. Lucuma is very abundant in fiber, which can help with issues such as indigestion. Given that lucuma can help lower blood pressure, and is abundant in antioxidants, it is possible that lucuma could help with heart issues and other issues.

Lucuma powder may also help with skin health

Lucuma is highly abundant in Vitamin C, calcium, and potassium, making it an excellent source of these critical nutrients for healthy skin. Some studies have also shown that lucuma can help with skin regeneration and wellness. Your pals will be astounded to find that lucuma powder is the secret to your radiant skin. Lucuma has health benefits when consumed, but it may also be used topically. The wound-healing and skin regeneration characteristics of lucuma oil were studied in a paper published in the year 2010.



Camu Camu

Camu Camu is a shrub found in Peruvian, Brazilian, Venezuelan, and Colombian rainforests. However, many people in Western countries choose to consume Camu Camu powder, which still has all of the same health benefits. Camu camu can be used to treat a wide variety of health issues, including the common cold, chronic fatigue syndrome, and eye issues to name a few. Furthermore, Camu Camu has a very favorable nutritional profile and may be able to boost the body's immune system and potentially help to improve the symptoms of other disorders such as asthma, headaches, and osteoarthritis. Some consumers even choose to buy Camu Camu because it is a natural energy booster. Studies about the health benefits of Camu Camu are somewhat convincing, although more research is needed to back certain claims.

Camu Camu is healthy because it is very rich in Vitamin C and Antioxidants

Camu Camu is an excellent source of Vitamin C and is superior to many other types of fruits. It is easily possible to get the recommended amount of daily Vitamin C by consuming Camu Camu. In fact, Camu Camu has more than 30 times as much Vitamin C as an orange. This is one of the top reasons why people who consume nutraceutical products choose Camu Camu over other options. Camu Camu, like many other types of nutraceutical products, is also abundant in antioxidants. This is one of the main reasons why studies claim that Camu Camu may be able to help people with multiple types of common health issues that occur due to oxidative stress.

Camu Camu is also abundant in other important nutrients such as Zinc and Calcium to name a few.

Camu Camu is also abundant in other minerals such as potassium, calcium, zinc, magnesium, manganese, and copper. Camu Camu also contains protein and beta carotene. This makes Camu Camu unique relative to other nutraceutical products that also have Vitamin C and antioxidants.



There are many potential health benefits of Camu Camu due to the abundance of vitamins and minerals that it contains. Camu Camu provides some of the same health benefits as other types of nutraceutical products that are abundant in antioxidants and vitamins.

Adding Camu Camu to your diet could help with weight loss.

Many types of nutraceutical products, such as green tea or garcinia Cambogia, can potentially help people to lose weight. Studies investigating the impact of Camu Camu on weight loss found that the fruit has an abundance of positive attributes. It can help you keep a healthy balance of intestinal flora, essential for a healthy metabolism. Aside from helping you lose weight, including Camu Camu in your diet will help reduce your chance of developing chronic illnesses associated with being obese. In fact, studies have shown that Camu Camu may be able to help prevent obesity. Camu Camu is a low-calorie, nutritious type of food that can improve your overall health and help with your weight loss goals.

Some studies have also shown that Camu Camu may be able to improve your cognitive functioning

Camu Camu may also be able to improve your cognitive functioning. Free radicals and oxidative stress can disturb cognitive pathways, which can result in brain fog or less than optimal cognitive functioning. Luckily, Camu Camu has antioxidative properties, mainly due to its high vitamin C content. Consequently, Camu Camu can help to reduce some of this oxidative stress and improve the performance of your brain. Some studies have even ventured further to see if nutraceutical products with antioxidants can help to offset some of the symptoms of various types of mental illnesses.

Camu Camu has been shown in studies to have a sedative-like effect on the body, which can help stabilize mood swings and reduce anxiety. High amounts of magnesium and other anti-inflammatory vitamins may be the reason for this essential health benefit, especially for women experiencing depression or menopausal mood swings. However, the specific reason why Camu Camu does this is not yet clear. Other nutraceutical products such as turmeric can relieve people from depression by reducing oxidative stress in the brain. As a result, Camu Camu may just be similar to other nutraceutical products that contain antioxidants. However, the relatively high levels of magnesium are an added bonus.



Camu Camu may be able to help with other health issues such as hypertension, inflammation, and high cholesterol.

Camu Camu can help reduce inflammation, and this is not just because of its high vitamin C content. Camu Camu is also abundant in anthocyanins, catechins, and flavonols. It offers pain relief and reduces inflammation for persons with arthritis, gout, hemorrhoids, and headaches. Many types of nutraceutical products, especially turmeric, are very popular because they can help lower your blood pressure. Camu Camu also has the potential to lower your blood pressure. As a result, randomized controlled trials on human adults have become more popular, as this can help shed light on how much of an impact Camu Camu has on your blood pressure. Some studies have shown lower levels of both systolic and diastolic blood pressure after people consumed Camu Camu. At the very least, it is helpful to know that vitamin C consumption is connected with lower blood pressure. Finally, one of the previously mentioned studies on Camu Camu and obesity also showed that Camu Camu may be able to reduce total cholesterol and HDL cholesterol. The reason is not yet entirely clear, although it is clear that Camu Camu helps to counter many negative symptoms caused by obesity, which can include high cholesterol levels.

Camu Camu may help with other health issues.

Camu Camu may be able to help with viral or bacterial infections because of its nutritional profile. Camu Camu is often used for many types of viral infections including shingles and the common cold. Although Camu Camu is not an adequate treatment for serious medical conditions, it can help to boost the body's immune system when it is most crucially needed. Camu Camu has a unique combination of nutrients, vitamins, minerals, amino acids, and organic compounds, promoting muscle growth and protection. Eating it might be a great post-workout supplement if you want to increase your metabolism and muscle mass. Carotenoids are well known for their antioxidant properties, which help protect the eyes. However, they also play other critical functions in the body. Camu's carotenoids reduce oxidative stress in the eye to keep your vision clear as you get older. This reduces the risk of macular degeneration and cataracts developing. Camu's dietary fiber content isn't as noteworthy as its vitamin C content. However, it's still considerable and may improve your general health by improving your digestive processes or even protecting your heart from the hazards of imbalanced cholesterol levels.





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