

## How Pineapple Benefits the Body

**Bromelain**, the key enzyme in pineapples reduce inflammation as effectively as drugs. Bromelain also keeps cancers from getting started and shrinks tumors! Bromelain also reduces post-operative swelling, and manages digestive disorders, especially those caused by lack of pancreatic enzymes

**Vitamin C** is abundant in the pineapple. Vitamin C is an excellent immune supporter and is great for oral health, reducing the risk of gingivitis and periodontal disease.

**Vitamin B1 (Thiamine)** is also found in the pineapple. It is responsible for the development of energy in the body, turning carbohydrates into the energy we need. It is also important for proper muscle function and nervous system operation.



**Manganese** is a vitamin our body cannot produce on its own! This is why we must consume manganese rich foods, such as the pineapple which is an excellent source. Manganese helps with bone formation, healing wounds, and maintaining healthy skin. It helps regulate blood sugar levels and strengthens the immune system!

**Phosphorous** is required by the body for bone and teeth formation. Calcium alone cannot build strong bones and tissues. Pineapples are a great source of phosphorous, with one cup serving up to 13mg of phosphorous!

**Vitamin A** is abundant in the pineapple, with 58 IU's per 100g! Beta-carotene is present in great amounts too! These compounds are excellent antioxidants! Eating fruits and vegetables rich in these flavonoids help protect the body from lung and oral cavity cancers!

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