





of vitamin A, vitamin B6, vitamin C and vitamin E.





Delicious and juicy lychee or "litchi" heralds the arrival of summer. Besides being sweet and nutritious, the berries have a cooling effect on the human body. They are a very good source of vitamin B complex that help in metabolising carbohydrates, protein, and fats.





Delicious and nutrition-rich, red coloured strawberries contain vitamin A and vitamin E. Strawberries are low in calories and a rich source of health-promoting phyto-nutrients, minerals and vitamins that are essential for optimum health.





Guava is another tropical fruit that is abundant in nutrition. With its unique fresh flavour, taste, and health-promoting qualities, guava is an excellent source of antioxidant vitamin C. The fruit is a very good source of vitamin A and is a rich source of soluble dietary fibre.





The mango fruit pulp contains antioxidants, vitamins A and C, vitamin B6 other B vitamins, and essential nutrients, such as potassium, copper and amino acids. Mango peel and pulp contain other compounds, such as pigment carotenoids and polyphenols, and omega-3 and -6 polyunsaturated fatty acids, which are beneficial for the human body.



Nutrients in oranges are plentiful and diverse. The fruit is low in calories, contains no saturated fats or cholesterol, but is rich in dietary fibre, pectin, and is an excellent source of vitamin C, vitamin A and vitamin B complex making it exceptionally valuable for its antioxidant properties.



Mouthwatering pulpy fruit chews made from real fruit juice are an instant spurt of energy. Their delectable taste and bursting pulpiness make Faleros unique. Just pop one in your mouth and experience how it melts away, leaving you asking for more!

