Aguaje

Mauritia flexuosa

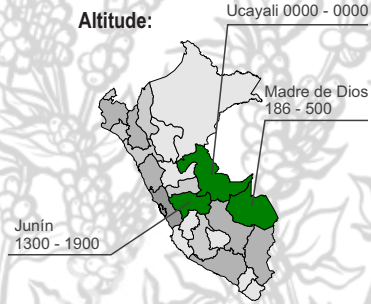
Properties

- It contains 21 to 38 times more provitamin A when compared to carrots, and 25 to 31 times more vitamin E compared to avocado
- It reaches the levels of orange and lemon in its high content of vitamin C
- Rich in essential amino acids for the body (vegetable proteins)
- Contains natural vegetable oils
- Rich in phytoestrogens (plant hormones)
- Rich in vitamins such as carotene (Provitamin A), tocopherols (Vitamin E), and ascorbic acid (Vitamin C)

Specs Sheet

Name:	Aguaje
Scientific name:	Mauritia flexuosa
Varieties:	Shambo, Shambo Blue, Posheco
Packaging:	10 kg polyethylene bags. inside cardboard boxes of 20 kg
Uses:	Food, cosmetics and pharmaceuticals Industry
Production Zones:	Ucayali Madre De Dios Junín

Altitude:



Benefits

- Rich in antioxidants, which help rejuvenate and regenerate cells effectively, preventing their premature deterioration
- A powerful depurative, helps keep blood and intestines free of unnecessary toxins, gases and greasy waste
- Anticancer
- Decreased risk of cardiovascular diseases
- Recommended for pregnant women, and during menopause
- It helps in the nutrition of hair, skin and nails, due to its high content of vitamins and minerals

Harvest Season

PRODUCTION	Jan	Feb	Mar	Apr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dec
HIGH												
LOW												