

Mangosteen the Queen of fruits

Mangosteen is a tropical fruit that is mostly grown in hot and humid



climates of Southeast Asia.

Thailand's mangosteen is so popular all over the world.

Mangosteen is known as “Queen of all Fruits.” The fruit is dark purple in colour and the size is about 2 to 3 inches in diameter. The outer rind of mangosteen is a bit hard and the fruit in the centre is soft and white in colour. The

fruit is juicy with a perfect balance of sweet and tangy flavor. It is rich in Vitamin C and dietary fiber and low in calories and cholesterol. It also contains a good amount of useful minerals like potassium, manganese and magnesium. Mangosteen is anti-bacterial, anti-inflammatory, anti-oxidant and anti-fungal. It has a lot of health benefit like it helps to combat pain; it lowers blood pressure and cholesterol level, fights against bacteria causing skin problems, and helps to manage body weight by reducing body fat. Recent studies have shown that the presence of the compound xanthenes in mangosteen can be useful in fighting cancer.



Contact Addresses in Thailand :

- **Thai Fresh Fruit Traders and Exporters Association**

538, Grand Building, 6th Floor, Ratchadaphisek Road.,

(Soi 26) Samsennok, Huaykwang, Bangkok 10310 Thailand

Tel: (662)541-4078 Fax: (662)541-4080

E-mail: thaifruit.ass@gmail.com

<http://www.thaifruitassociation.com/Default.aspx?lang=en&pageid=1>

- Department of International Trade Promotion,

Ministry of Commerce

Address: 44/100 Nonthaburi 1 Road, Bang Kra Sor,

Nonthaburi 11000, Thailand

Call Center: 1169

+662 793 9394

Fax: +662 718 8952

Email: Web administrator (contact@thaitrade.com)

DITP staff (ecommerce@ditp.go.th, ecommerce.dep@gmail.com)

Websites : www.ditp.go.th,

www.thaitrade.com
