



# CEM-Mexico Mexican Mango

## Mango Description

The Mango fruit together with the Custard Apple and the Mangosteen is one of the most well known fruits in the world. Owing to an increase in mango production in recent years, import of mangos to Japan has grown, making it a very popular fruit in Japan.

## Mango Properties and Benefits

### **【Main nutritional components (Per every 100g)】**

Carotene (610mcg) 、 Folic Acid (83mcg) 、 Fiber (1.3g) 、 Potassium (170mg)

### **【Main Benefits】**

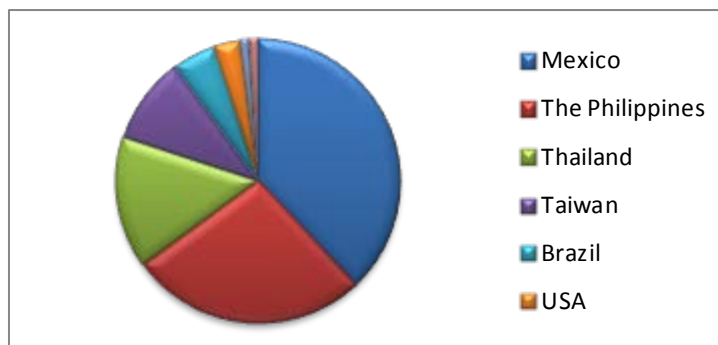
Benefits for the skin, cancer prevention, anemia prevention, anti-constipation, hypertension prevention, heart attack prevention, etc.

The mango fruit contains generous amounts of vitamin A and carotene, in addition to antioxidant properties for the skin; helping to prevent skin cell aging and aiding with cancer prevention. Also due to its high levels of folic acid, it helps to prevent anemia, and its high levels of fiber help to improve the intestines function.



## Main Importing Source for Japan

In 2010 the main countries supplying mangos to Japan were 1. Mexico, 2. The Philippines, 3. Thailand, 4. Taiwan; accounting for a total of 10,391 tons of mango imported that year, with a value of 4 billion Japanese Yen. In 2009, the total was approximately 11,103 tons, with a value of 4.3 billion Japanese Yen).



## Main Variety of Mango

### Kind of Mango

Haden

### Harvest Period

From February to August

### Harvest Location

#### Michoacán

- Jalisco
- Colima
- Guerrero
- Sinaloa
- Nayarit

### Characteristics

Color: Red/Yellow

Form: Rounded

Long From 10.5 to 14 cms.

Width: From 9 to 10.5 cms.

Weight: From 500 to 690 grs.



# Mango Export Process



## Main Services

Services
Export / Import
Foreign Trade Consulting Services
Representation Services

### CEM Mexico Contact Information

- Erick Benitez - Partner  
+81 80-3148-5675 erick.benitez@cem-mexico.com
- Cinthia Borja - Partner  
+52 (443)145-7566 cinthia.borja@cem-mexico.com

CEM Mexico's website <http://www.cem-mexico.com/>  
CEM Mexico  
Francisca Lopez No.33  
Col. Cayetano Andrade  
C.P. 58095  
Morelia, Michoacán  
Mexico