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# Mexican Jackfruit

✎ Thorny tropical fruit with a fibrous texture, with a pleasant sweet and sour flavor, covered by small cones.

✎ Within the fruit we can find up to 500 seeds. The seeds reach 4 to 5 cm. It is usually the largest fruit in the world since it can weight up to 40 kilos.



✎ The Jackfruit grows on a tree called evergreen as it is available year-round. It can reach a height of up to 37 meters and has a smooth, red bark

# Harvest

✎ There is an optimal harvest, its transport is carried out when it changes from green to yellow, it usually takes 20 weeks to reach its optimal state, and must be watered every week during the summer



✎ It produces a seed that can be planted in a very easy way in fixed land, leaving a space between 9 to 12 meters between one seed and another.

✎ It begins to bear fruit at 7 years. The production lasts about 8 months and begins when flowering ends.

# Uses

! Se fermentan y destilan para hacer un potente licor.



! The seeds are dried and fried to eat with lemon and salt.

! The seeds can be consumed boiled, roasted, cooked or roasted.

! It works as an antidiarrheal, anti-asthmatic, conjunctivitis treatment and arterial hypertension treatment

! The ground seeds are used to make a flour that, mixed with wheat flour, is used to make desserts.

# Benefits

✎ The jackfruit contains a nutritional grade rich in vitamins B1, niacin, calcium, iron, folic acid, ascorbic acid, potassium and favorable proteins for the organism

✎ It is a natural antioxidant, reduces anemia and enhances bone growth and development, due to its great calcium composition.

✎ This exotic fruit has become very famous because it contains sildennafil, the active ingredient of viagra, which is why it is called natural viagra. Without raising blood pressure too much, it allows for greater sexual power.



# Certifications





OFICINAS CORPORATIVAS:  
Mina de la Purísima, S/N  
Unidad Habitacional San Buenaventura Ixtapaluca, 56530, México  
Phone:  
4120 1719 y 4120 0373

[www.dmass.com.mx](http://www.dmass.com.mx)