



Pumpkin

Pumpkin is packed with 197% of your recommended daily Intake (RDI) of vitamin A and 17% of your RDI of vitamin C.

Given its impressive nutritional stats, it's no surprise that pumpkin supports your health in several ways.

1. Supports our eye health due to the high vitamin A content.
2. Supports a healthy immune system due to its vitamin C content.
3. Supports skin with carotenoids and antioxidants
4. Supports your heart and gut health with magnesium and fiber.