

# キウイの栄養たち

## *Kiwi nutrition facts*



### 栄養と効果一覧

#### *List of nutritional effects*

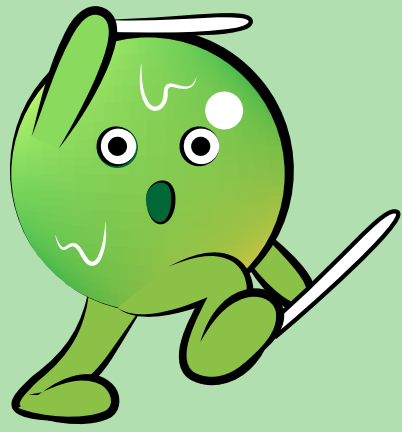


**ポリフェノール**

*Polyphenol*

**体を若く保つ**

*Keep your body young*

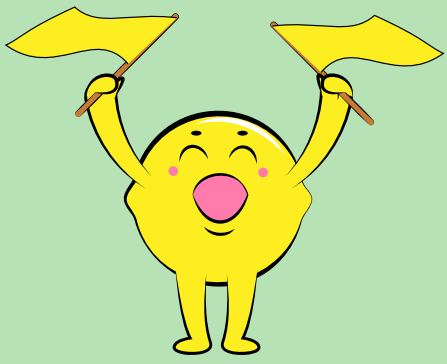


**アクチニジン**

*Actinidin*

**消化を助けてくれる**

*Helps with digestion.*



**ビタミンC**

*Vitamin C*

**疲れをとってくれる**

*Relieves fatigue*



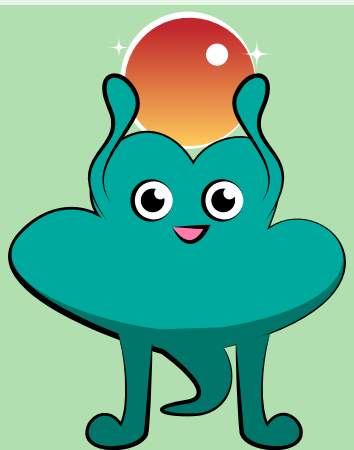
**ビタミンE**

*Vitamin E*



**カリウム**

*Potassium*



**葉酸**

*Folic acid*



**食物繊維**

*Dietary fiber*