

Decodepure: Mango Juice Awareness Checklist



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Checklist: What to Watch for in Market Mango Juices

- Check for actual mango pulp percentage (usually very low).
- Look for added sugar or glucose-fructose syrup.
- Avoid artificial colors (e.g., Sunset Yellow - E 110).
- Be cautious of vague terms like "real taste" or "natural flavor".
- Scan for preservatives like Sodium Benzoate (E211) or Potassium Sorbate (E202).
- Watch out for acidity regulators (Citric Acid - E330).

Checklist: Why Homemade Mango Juice Wins

- Made from 100% real mangoes.
- Contains natural fiber and vitamins.
- No added sugar, colors, or preservatives.
- Can customize to taste and sweetness.
- Best served fresh - full of antioxidants and enzymes.

Checklist: Healthier Alternatives in the Market

- Raw Pressery Mango Juice - Cold-pressed and preservative-free.
- Ceres Mango Juice - 100% fruit juice with no added sugar.
- Theobroma Classic Mango Juice - Natural and cold-pressed.
- Always check labels for '100% juice' and 'no added sugar' claims.