

# KIM HAI DRAGON FRUIT

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A perfect gift from  
Mother Earth.



*A'fruit*  
for the happy life

Kim Hai Dragon Fruit Farm.



## KIM HAI FARM

*“Vietnam’s Premier Sustainable  
Dragon Fruit Farm”*

Kim Hai Dragon Fruit Farm is an 80 hectares Global GAP (GGN 4052852217637) certified farm. Located in Ham Thuan Nam Commune, Binh Thuan Province, a three-hour drive from Ho Chi Minh City. The farm specializes in growing delicious dragon fruit (red and white flesh). Our farm Geographical Indication number is C0068-BTGI (issued by Binh Thuan’s Department of Science and Technology).

Kim Hai Dragon Fruit Farm continues the tradition of agriculture in Binh Thuan. Its goal is to encourage people to live prosperously and in harmony with the land. We believe that combining Binh Thuan’s two biggest industries, Agriculture and Tourism, with a focus on eco-tourism and sustainable agriculture, will nurture and inspire a new generation of farmers.

Since  
**2007**

Total area:  
**80**<sup>ha</sup>

Tan Lap, Ham Thuan Nam  
Commune, Binh Thuan  
Province, Vietnam

And that this new generation of farmers will achieve economic prosperity in a responsible and sustainable way.

Currently, Kim Hai produces around 1000 tons of dragon fruits per year. We have a state of the art factory and packing house onsite producing top quality pure dragon fruit juice, solar dried dragon fruit slices and chewy dragon fruit snacks. We have been exporting fresh dragon fruits to many countries such as New Zealand, USA and Europe. We proud to be the pioneer in Vietnam in producing premium dragon fruit juice and other dragon fruit by-products in full commercial scale.

*“Sustainable dragon fruit  
as its best”*

Kim Hai farm first established in 2007, since then we expanded our farm area from 30 to 80 hectares. In late 2007, we were one the first 3 dragon fruit growers in Vietnam that are certified with Global G.A.P standard. Every 12 months, we have our farm inspects and certifies for Global GAP by either Control Union or IMO organizations. By strictly following Global G.A.P, it enables us to produce healthful fruit and food without compromising future generations’ ability to do the same.

Our dragon fruits are grown the natural way, we produce our own in-house organic fertilizer and using traditional remedies to fight against diseases. We say NO to biostimulants other harmful chemicals. This is why our dragon fruit taste so delicious!

The juice industry is occupied by some of the biggest companies in the world, and the only way to remain in the industry is to not step on their toes. With this in mind the only avenue is obviously to offer top quality juice with zero sugar, no preservative and artificial color just 100% pure dragon fruit juice. Made with the utmost care, our products capture what means the most to you: healthy eating, quality food and responsible farming. We work harder to produce premium products, every time, because we care.

**GLOBAL G.A.P.**  
GGN: 4052852217637



**Kim Hai dragon fruit farm and factory:**  
Lap Phuoc, Ham Thuan Nam Commune,  
Binh Thuan Province, Vietnam

**Geographical Indication:** C0068-BTGI  
GGN: 4052852217637







**Dragon fruit** grows on the Hylocereus cactus, whose flowers only open at night. The plant is native to southern Mexico and Central America. Today, it is grown and exported from several Southeast Asian countries, such as Thailand and Vietnam. It goes by many names, including pitaya, pitahaya and strawberry pear. The two most common types have bright, red skin with green scales that resemble a dragon — hence the name. The variety that's most widely available has white pulp with black seeds. The less common variety has red pulp with black seeds. Dragon fruit may look exotic, but its flavors are similar to other fruits. Its taste has been described as a slightly sweet cross between a kiwi and a pear.

Dragon fruits have a surprising number of phytonutrients. Rich in antioxidants, they contain vitamin C (equivalent to 10 percent of the daily value), polyunsaturated (good) fatty acids, and several B vitamins for carbohydrate metabolism, as well as carotene and protein. Calcium is present for strong bones and teeth, iron and phosphorus for healthy blood and tissue formation. The benefits are realized in a number of ways, from a strengthened immune system and faster healing of bruises and wounds to fewer respiratory problems. Dragon fruits have zero complex carbohydrates, so foods can be more easily broken down in the body, helped by vitamin B1 (thiamin) and other B vitamins. The phytochemical captin, used as a medication to treat heart problems, is present in the fruit itself, and oil in the seed operates as a mild laxative.

The seeds of dragon fruits are high in polyunsaturated fats (omega-3 and omega-6 fatty acids) that reduce triglycerides and lower the risk of cardiovascular disorders. Eating dragon fruit can help the body maintain such normal function as ridding the body of toxic heavy metals and improved eyesight. Lycopene, responsible for the red color in dragon fruit, has been shown to be linked with a lower prostate cancer risk.

#### NUTRITION FACTS FOR RED DRAGON FRUIT Serving Size: 3.5 ounces (100 grams), fresh

Nutrition		Amt. Per Serving
Energy	(Kcal/100g)	67
Protein	(g/100g)	1.24
Total fat	(g/100g)	0.58
Trans fat	(g/100g)	0
Saturated fat	(g/100g)	0
Polyphenol (Antioxidant)	(mg/Kg)	725.85
Dietary fiber	(g/100g)	1.63
Total Carbohydrate	(g/kg)	14.27
Vitamin C	(mg/100g)	9.7
Calcium	(mg/100g)	9
Phosphorus	(g/100g)	0.027

#### VITAMIN

C B1 B3  
B2 ...

#### MINERALS

CALCIUM ZINC IRON  
PHOSPHORUS ...

Health benefits of red dragon fruit:

- Cancer prevention
- Prevent cardiovascular diseases
- Good for diabetics
- Anti-aging
- Glowing skin
- Improve immunity
- Anti-inflammatory

100% PURE



POLYPHENOL  
antioxidant

A'Fruit  
100% PURE  
DRAGON FRUIT JUICE

We believe in a different approach to making dragon fruit juice. The pressed way. It's our way of helping protect the flavor and nutrients of the raw fruits we bring into our juicery. No added colors or flavors nature didn't put there. Just our favorite produce, tasting as close to fresh picked as possible with minimal processing. We processed our juice using high pressure processing. This keeps fruits tasty from the moment they enter the juicery to the moment you take your first sip.

Different from other manufacturers, we grown our own dragon fruits following Global GAP standard. The dragon fruits are handpicked and the best ones are rushed to the juicery, where it's cleaned, squeezed, and pressed right at our farm. Once we have crafted our juice and bottled them, we heat heat-pasteurized to increase the shelf life of the juice this will also protect the flavor, color and nutrients while ensuring safety.

Each 260ml bottle contains enough polyphenol work against free radicals and makes your skin tighter & younger looking. **One bottle per day keeps the doctor away!**

A'Fruit  
SOLAR DRIED  
DRAGON FRUIT SLICES

Dragon fruit is a beautiful and exotic super-food. These dried dragon fruit slices are rich in nutrients and low in calories. They have a mild sweet taste with no sugar or preservatives added. Dragon fruit slices are good source of antioxidants, fiber, omega-3s and minerals.

Dragon fruits are carefully harvested and cleaned thoroughly before processing. They are sliced into slices and dried for 36 hours in solar dryers. Once finished, the dried dragon fruits are then packed into zip pouches with nitrogen to preserve the taste and nutrition.

NO  
ARTIFICIAL  
COLORS

NO  
SUGAR

NO  
PRESER-  
VATIVES



LINOLEIC  
OLEIC

Omega 6 - Omega 9



Dragon fruit snack has a distinct sweet and sour taste which is similar to gummy candies but sugar free; they are made from fresh dragon fruits with no preservatives and no artificial colors. The fruit snack is an excellent source of polyunsaturated fatty acids, Linoleic acid (Omega 6) and Oleic acid (Omega 9). These fatty acids found in dragon fruit seeds, boost your body's natural ability to get rid of heavy metals and other toxins, promote the healing of your body's cells, and improve your ability to cope with stress.

The snacks are stored in a simple plastic packaging that does not need to be refrigerated; therefore they can be taken virtually anywhere.



A'Fruit  
DRAGON FRUIT SNACKS

