**Unravelling the Pharmacological and Nutritional Potential of Kiwifruit for Human Health: A Comprehensive Review**

**ABSTRACT**

Kiwifruit (*Actinidia deliciosa*) belongs to the family Actinidiaceae, and the genus Actinidia is a highly nutritious fruit abundant with essential vitamins, minerals, polyphenols, flavonoids, and the unique enzyme actinidin, which aids digestion. These components contribute to kiwifruit’s role as a functional food with significant therapeutic potential. Kiwifruit supports various physiological functions, including immune enhancement, cardiovascular health, and digestive regulation. Its rich fiber content promotes gut microbiota growth, improving digestion and reducing constipation. The presence of polyphenols, carotenoids (lutein, zeaxanthin), and flavonoids strengthens antioxidant defenses, reduces inflammation, and helps prevent chronic diseases such as cardiovascular disorders, neurodegenerative conditions, and metabolic syndrome. The low fiber content makes it beneficial for blood sugar regulation, aiding in diabetes management. The actinidin enzyme present in kiwifruit makes it particularly beneficial for individuals with digestive disorders by enhancing protein digestion and nutrient absorption. Additionally, its prebiotic properties foster the growth of beneficial gut bacteria, contributing to better digestive and immune health. Kiwifruit is rich in antioxidants and also supports skin health by promoting collagen synthesis, reducing oxidative stress, and maintaining hydration. Emerging research highlights its potential neuroprotective effects, suggesting a role in reducing cognitive decline and oxidative stress in the brain. Its cardioprotective properties help regulate blood pressure, and improve vascular function. With applications in functional foods, nutraceuticals, and pharmaceuticals, kiwifruit continues to gain attention for its preventive healthcare potential. Incorporating kiwifruit into the diet provides a natural approach to enhancing overall well-being, making it a valuable component in promoting longevity and reducing the risk of chronic diseases. This review seeks to provide a comprehensive knowledge of kiwifruit's nutritional profile, bioactive properties, therapeutic potential, and commercial importance, offering scientifically backed recommendations for individuals.

Keywords: Kiwifruit, nutritional, pharmacological, health, antioxidant

1. **INTRODUCTION**

Kiwifruit, also known as the Chinese gooseberry, is a woody vine with berry fruit type belonging to the *Actinidia* genus in the Actinidiaceae family (Ferguson, 1990). There are approximately 76 recognized species of kiwifruit, with notable edible varieties including *A. deliciosa* (fuzzy kiwifruit), *A. chinensis* (golden kiwifruit), *A. arguta* (hardy or mini kiwifruit), *A. kolomikta* (Arctic kiwifruit), *A. melanandra* (purple or red kiwifruit), and *A. polygama* (silver vine) (Ferguson & Ferguson, 2002). Kiwifruit originates from North-Central and Eastern China (Latocha *et al*., 2015a). In recent decades, global production has steadily increased to meet the rising demand for various commercial cultivars and hybrids. Among them, *A. deliciosa* and *A. chinensis* hold the most commercial significance (Rasheed, 2021, Latocha *et al.,* 2015b). The rising consumer demand for kiwifruit is fueled by increasing awareness of its nutritional value and diverse applications. Different species and cultivars exhibit variations in fruit shape, size, weight, skin characteristics, as well as eating qualities such as flavor, aroma, and texture, along with differences in shelf life (Ferguson & Ferguson, 2002; Li *et al*., 2018; Sivakumaran *et al*., 2018). Kiwifruit is widely acknowledged for its remarkable nutritional value and extensive health benefits (Dawei, 2025; Wolber *et al*., 2013; Fisk *et al*., 2006). Native to China, this fruit has gained worldwide recognition for its exceptional vitamin C content, abundant antioxidants, and a diverse array of bioactive compounds. Over the past century, it has been introduced and successfully cultivated in various regions worldwide, including New Zealand, Italy, and the United States, emerging as an economically significant crop in the global fruit market.

Kiwifruit's nutrient profile is particularly rich, offering essential vitamins such as vitamin C, vitamin E, and folate, in addition to vital minerals like potassium, calcium, and magnesium (Dawei, 2025; Rasheed, 2021; Richardson, 2015; Wolber *et al*., 2013). These nutrients collectively contribute to numerous physiological functions, including immune enhancement, cardiovascular support, and digestive health improvement (Tyagi *et al*., 2015; Singletary, 2012). The presence of dietary fiber, polyphenols, and phytochemicals further strengthens its classification as a functional food with immense therapeutic potential (Pinelli *et al*., 2014; Arranz *et al*., 2009). Its high fiber content not only aids digestion but also plays a key role in modulating gut microbiota, promoting the growth of beneficial bacteria, and enhancing overall gut health (Bayer, 2022; Amer *et al*., 2014). Furthermore, kiwifruit has been identified as beneficial for managing metabolic disorders such as diabetes and obesity, with its low glycemic index and polyphenol content assisting in blood sugar regulation and lipid metabolism (Kerkeni *et al.,* 2025; Mishra *et al.,* 2017). It also contributes to skin health by promoting collagen synthesis, reducing oxidative damage, and maintaining skin hydration, making it valuable in dermatological applications (Wang *et al*., 2017). Research continues to uncover kiwifruit's role in neuroprotection, its potential in mitigating neurodegenerative diseases, and its ability to support mental well-being by reducing oxidative stress in the brain (Billows *et al*., 2022). Additionally, kiwifruit is gaining attention for its application in functional foods, dietary supplements, and pharmaceutical formulations, further expanding its role in modern preventive healthcare (Shastri *et al.,* 2012; Skinner, 2011; Hunter *et al.,* 2008). This review aims to provide an in-depth analysis of the pharmacological and nutritional potential of kiwifruit, emphasizing its contribution to disease prevention, overall well-being, and its expanding applications in nutraceuticals and functional foods.



Figure 1: Kiwifruit var. Bruno

**2. NUTRITIONAL COMPOSITION OF KIWIFRUIT**

Renowned for its impressive nutritional profile, kiwifruit is loaded with essential vitamins, minerals, dietary fiber, and bioactive compounds that contribute to overall health and well-being (Richardson *et al*., 2018). It is particularly rich in antioxidants and phytochemicals, which help protect the body against oxidative stress and inflammation. These properties play a crucial role in immune enhancement, cardiovascular health, and digestive function (Hunter, 2011; Latocha *et al.,* 2010). One of the most notable nutrients in kiwifruit is vitamin C, which exceeds the levels found in many citrus fruits (Richardson, 2015). This strong antioxidant boosts immune function, supports collagen production and iron absorption, lowers the risk of infections, and enhances skin health. The fruit is also an excellent source of dietary fiber, which promotes gut health by improving digestion, regulating bowel movements, and fostering beneficial gut microbiota (Bayer, 2022; Amer *et al*., 2014). Regular consumption of fiber-rich foods like kiwifruit has been linked to improved metabolic health and reduced risks of gastrointestinal disorders (Amer *et al*., 2014). Beyond its vitamin and fiber content, kiwifruit is abundant in polyphenols and flavonoids, which provide antioxidant, anti-inflammatory, and cardioprotective effects. These compounds help neutralize free radicals, reduce inflammation, and lower the risk of chronic diseases such as heart disease and diabetes (Mishra *et al.*, 2017; Wang *et al.,* 2017). Additionally, the presence of actinidin, a unique proteolytic enzyme in kiwifruit, enhances protein digestion and nutrient absorption, making it particularly beneficial for individuals with digestive sensitivities. Given, its remarkable nutritional profile and functional properties, kiwifruit is considered a functional food with substantial therapeutic potential, offering a natural approach to improving overall health and preventing disease (Shastri *et al.,* 2012).



Figure 2: Nutritional components of kiwifruit (mg per 100g) (Sourse: USDA National Nutrient Database)

* 1. **Vitamins**

Kiwifruit is an exceptional source of essential vitamins, offering a wide range of health benefits. It is particularly rich in vitamin C, with levels surpassing those found in most citrus fruits (Richardson *et al*., 2018; Richardson, 2015). As a potent antioxidant, vitamin C plays a crucial role in strengthening immune function by enhancing the activity of immune cells and reducing the severity of infections. Additionally, it is essential for collagen synthesis, which helps maintain skin elasticity, promote wound healing, and support joint health (Katsumata *et al.*, 2015). Another key benefit of vitamin C is its ability to enhance iron absorption, thereby preventing iron deficiency anemia, especially in individuals with low iron intake (Rasheed, 2021; Carr *et al*., 2012; Nishiyama *et al*., 2004). Beyond vitamin C, kiwifruit is also a valuable source of vitamin E, a fat-soluble antioxidant that protects cell membranes from oxidative stress (Guroo *et al*., 2017; Wang *et al*., 2017). By reducing lipid peroxidation, vitamin E supports cardiovascular health, lowers the risk of chronic diseases, and promotes healthy skin by preventing premature aging (Tyagi *at al.,* 2015). Unlike many other sources of vitamin E, kiwifruit provides this nutrient in a bioavailable form, making it highly effective in the body. Moreover, kiwifruit is abundant in folate (vitamin B9), a crucial nutrient for DNA synthesis, cell division, and red blood cell formation (Drummond, 2013). Folate is particularly important during pregnancy, as it helps prevent neural tube defects in developing fetuses. Given its dense vitamin profile, kiwifruit serves as a functional food with substantial therapeutic potential, supporting overall health and well-being (Tyagi *et al.,* 2015). Regular consumption of this nutrient-rich fruit can contribute to immune support, skin health, heart function, and prenatal care, making it a valuable addition to a balanced diet (Carr *et al*., 2012; Nishiyama *et al*., 2004).

* 1. **Minerals**

Kiwifruit is abundant in essential minerals, including potassium, magnesium, calcium, and phosphorus, each playing a crucial role in maintaining physiological balance (Dawei, 2025; Wolber *et al*., 2013). Potassium is vital for regulating blood pressure, ensuring proper muscle contractions, and maintaining fluid equilibrium in the body, which collectively support cardiovascular health (Karlsen *et al*. 2013; Tyagi *et al.* 2015). Magnesium plays a key role in over 300 enzymatic reactions, contributing to energy production, protein synthesis, and nerve transmission. Calcium, essential for bone mineralization and structural integrity, works alongside phosphorus to strengthen bones and teeth. The synergistic effects of these minerals not only promote optimal muscular and neural function but also help in reducing the risk of osteoporosis, hypertension, and metabolic imbalances, making kiwifruit a valuable dietary component (Alim *et al*., 2019).

* 1. **Dietary Fiber**

Kiwifruit is a rich source of both soluble and insoluble fiber, playing a vital role in digestive health (Hussain, 2021; Richardson *et al*., 2018). Soluble fiber aids in slowing glucose absorption, helping to regulate blood sugar levels, while insoluble fiber adds bulk to stool, facilitating regular bowel movements and preventing constipation (Wang *et al.,* 2022; Hussain *et al*., 2021; Antonelli & Donelli, 2021). Additionally, kiwifruit fiber acts as a prebiotic, fostering the growth of beneficial gut microbiota, which enhances gut health and boosts immune function. Studies have also suggested that dietary fiber from kiwifruit may contribute to lowering cholesterol levels and improving lipid metabolism, making it particularly beneficial for individuals with metabolic disorders such as diabetes and obesity (Hussain *et al*., 2021; Antonelli & Donelli, 2021; Stonehouse *et al.,* 2013).

**2.4 Carotenoids**

Carotenoids function as natural protective filters against harmful blue light, reducing the risk of oxidative damage to retinal cells (Guroo *et al*., 2017; Hunter, 2011). Consumption of carotenoid-rich foods which contain an abundance of lutein and zeaxanthin, which are essential for maintaining optimal eye health (Salehi, 2021; Latocha *et al*. 2015b). Research indicated that regular intake of kiwifruit which contain a considerable quantity of carotenoids can significantly lower the incidence of age-related macular degeneration and enhance overall visual function (Kandasamy & Shanmugapriya, 2015). Additionally, these antioxidants contribute to reducing inflammation and supporting cellular integrity within the ocular system (Salehi, 2021).

* 1. **Polyphenols and Flavonoids**

Kiwifruit is a potent source of polyphenols and flavonoids, including quercetin, catechins, epicatechins, and rutin, which contribute to its strong antioxidant, anti-inflammatory, antimicrobial, and cardioprotective properties (Rasheed *et al.,* 2021; Pinelli *et al.,* 2013; Arranz *et al.,* 2009). These bioactive compounds are instrumental in neutralizing free radicals, mitigating oxidative stress, and modulating inflammatory pathways, thereby reducing the risk of chronic diseases such as cardiovascular disorders, neurodegenerative conditions, and metabolic syndrome (Latocha *et al*., 2015b). Furthermore, polyphenols in kiwifruit have been linked to improved endothelial function, enhanced vascular health, and reduced arterial stiffness, making them highly beneficial for cardiovascular well-being (Hussain *et al*., 2021; Tyagi *et al.,* 2015). Emerging research also suggests their role in modulating gut microbiota, further expanding their impact on overall health (Tyagi *et al.* 2015; Singletary, 2012).

* 1. **Actinidin Enzyme**

Actinidin is a unique proteolytic enzyme found in kiwifruit, known for its potent ability to break down complex proteins into smaller peptides and amino acids, facilitating efficient protein digestion (Kaur *et al.,* 2022; Pastorello *et al*., 1998). This enzymatic activity significantly enhances nutrient bioavailability, making it particularly beneficial for individuals with digestive disorders, those with compromised enzyme production, or individuals on high-protein diets (Boland, 2013). Additionally, actinidin has been shown to improve gut motility, reduce symptoms of bloating and indigestion, and support overall gastrointestinal health (Kaur *et al.,* 2022, Richardson *et al*., 2018). Its role in modulating gut microbiota further underscores its significance in digestive wellness, making kiwifruit a valuable functional food for promoting optimal digestion and nutrient absorption (Kaur *et al.,* 2022; Boland, 2013).

* 1. **Prebiotic**

Kiwifruit has been shown to promote the growth of beneficial gut microbiota, contributing to improved digestive health and enhanced immune function (Hussain *et al.,* 2021; Tyagi *et al*., 2015). The prebiotic effects of kiwifruit help foster a healthy gut environment by increasing the abundance of beneficial bacteria such as Lactobacillus and Bifidobacterium (Yuan *et al.,* 2021). This supports better digestion, enhances nutrient absorption, and prevents gastrointestinal disorders. Additionally, the fiber content in kiwifruit provides a substrate for fermentation in the colon, producing short-chain fatty acids that contribute to gut health and systemic metabolic benefits (Bayer, 2022; Gearry *et al*., 2022; Amer *et al.,* 2014).



Figure 3: Nutritional benefits and components of Kiwifruit

**3. PHARMACOLOGICAL PROPERTIES OF KIWIFRUIT**

Kiwifruit is widely consumed for its refreshing taste and numerous health benefits. Beyond its dietary value, kiwifruit exhibits significant pharmacological properties that contribute to human health and disease prevention (Hussain; 2021).

**3.1 Antioxidant**

Kiwifruit is one of the richest sources of vitamin C content scavenges reactive oxygen species (ROS), protecting cells from oxidative stress (Guroo *et al*., 2017; El Zawawv, 2015). This is particularly important in diabetes, where oxidative damage contributes to complications such as neuropathy, retinopathy, and cardiovascular disease (Latocha *et al.,* 2010). It also contains polyphenols, flavonoids, carotenoids, and other bioactive compounds that contribute to its antioxidant capacity (Prior, 2007). Studies suggest that kiwifruit consumption can reduce oxidative damage to lipids, proteins, and DNA, thereby lowering the risk of chronic diseases such as cancer, cardiovascular diseases, and neurodegenerative disorders (Alim *et al.,* 2019; Gruoo *et al.,* 2017; Motohashi et al., 2002). Polyphenols in kiwifruit help maintain mitochondrial health, improving energy metabolism and reducing metabolic dysfunction (Latocha *et al.*, 2015b). The high antioxidant content in kiwifruit has been linked to increased activity of endogenous antioxidant enzymes such as superoxide dismutase (SOD) and glutathione peroxidase, which further protect cells from oxidative damage (Wang *et al*., 2018; Hunter *et al.,* 2008).

**3.2 Anti-Inflammatory Effects**

Inflammation is a major factor in many chronic diseases, including arthritis, diabetes, and cardiovascular diseases. Kiwifruit possesses anti-inflammatory properties due to its high content of polyphenols, flavonoids, and vitamin C (Moysidou *et al.,* 2024; Alim *et al*., 2019). Kiwifruit polyphenols inhibit the nuclear factor-kappa B (NF-κB) pathway, a critical regulator of inflammatory responses (Peng *et al*., 2020). This inhibition prevents the activation of pro-inflammatory genes, reducing the production of cytokines such as tumor necrosis factor-alpha (TNF-α), interleukin-6 (IL-6), and interleukin-1 beta (IL-1β) (Peng *et al*., 2020; Wang *et al.,* 2017). By modulating this pathway, kiwifruit contributes to mitigating chronic inflammatory conditions, including arthritis, cardiovascular diseases, and neuroinflammation. The investigation showed the effects of consistently including kiwifruit in our diet, which reduces markers of systemic inflammation and improves conditions such as asthma, inflammatory bowel disease (IBD), and arthritis (Richardson *et al*., 2018) the studies also included the presence of quinic acid and caffeic acid in kiwifruit which contributes to its anti-inflammatory activity (Choi *et al*., 2024; Richardson *et al*., 2018).

**3.3 Cardiovascular Health**

Kiwifruit significantly promotes heart health by improving lipid profiles, reducing blood pressure, and enhancing endothelial function (Karlsen *et al*., 2013). The fiber content in kiwifruit helps lower LDL cholesterol (bad cholesterol) while increasing HDL cholesterol (good cholesterol), thereby reducing the risk of atherosclerosis and cardiovascular diseases (Antonelli and Donelli, 2021; Stonehouse *et al.,* 2013). Furthermore, kiwifruit contains potassium, which helps regulate blood pressure by counteracting the effects of sodium and consumption of kiwifruit also improves platelet function, reducing the risk of thrombosis and stroke (Tyagi *et al.*, 2015; Karlsen *et al*., 2013).

**3.4 Gastrointestinal Benefits**

Kiwifruit is highly regarded for its positive impact on digestive health, mainly due to its high fiber content and the presence of natural enzymes (Moysidou *et al.,* 2024; Richardson *et al*. 2018). One of its key digestive enzymes, actinidin, is a proteolytic enzyme that facilitates the breakdown of proteins, improving their digestion and absorption (Boland, 2013). This makes kiwifruit particularly beneficial for individuals who experience difficulty digesting protein-rich foods, such as those with mild digestive disorders or low stomach acid production. Beyond enzyme activity, kiwifruit is an excellent source of soluble and insoluble fiber, which synergistically promotes gut health. Soluble fiber dissolves in water to form a gel-like substance, which slows digestion, stabilizes blood sugar levels, and provides nourishment for beneficial gut bacteria (Wang *et al*., 2022; Hussain, 2021). Insoluble fiber, on the other hand, adds bulk to stool, enhancing bowel movement regularity and helping to prevent constipation (Wang *et al*., 2022; Stonehouse *et al.,* 2013). Regular consumption of kiwifruit has been shown to improve gut motility, reducing symptoms of constipation and bloating (Latocha *et al.,* 2015a). Kiwifruit can enhance gut microbiota by increasing populations of beneficial bacteria, which help in maintaining a balanced and healthy gut environment. These bacteria contribute to improved digestion, enhanced nutrient absorption, and strengthened immune function by producing short-chain fatty acids that support intestinal health (Bayer, 2022; Gearry *et al.,* 2022; Amer *et al.,* 2014). Furthermore, the prebiotic properties of kiwifruit contribute to gut microbiome diversity, fostering an environment conducive to the growth of beneficial microorganisms (Yaun *et al.,* 2021). This not only improves overall digestive function but also has broader health implications, as a well-balanced gut microbiome has been linked to reduced inflammation, better metabolic health, and even improved mental well-being (Gearry *et al*., 2022). So, incorporating kiwifruit into our daily diet can be a natural and effective way to support digestive health, particularly for those prone to digestive discomfort, irregular bowel movements, or poor gut microbial balance.

**3.5 Immunomodulatory Effects**

Kiwifruit is valued for its immune-boosting properties, primarily attributed to its rich composition of vitamin C, polyphenols, and other bioactive compounds. Vitamin C plays a critical role in immune cell function, supporting the activity of neutrophils, macrophages, and lymphocytes. It enhances phagocytosis, the process by which immune cells engulf and destroy pathogens, while also promoting the production of interferons and cytokines, which help coordinate the immune response. Regular consumption of kiwifruit has been linked to a reduction in the severity and duration of respiratory infections, including colds and flu. Beyond vitamin C, polyphenols and carotenoids present in kiwifruit contribute to its immunomodulatory effects by exerting antioxidant and anti-inflammatory properties. These compounds help reduce oxidative stress, which can otherwise impair immune function. Additionally, kiwifruit exhibits antimicrobial properties, helping combat harmful bacteria and viruses. Studies have shown that it may enhance gut-associated lymphoid tissue (GALT) function, thereby strengthening mucosal immunity, a critical first line of defense against pathogens. Evidence suggests that kiwifruit supplementation can particularly benefit elderly individuals and those with weakened immunity, improving their immune resilience and reducing the risk of infections (Mishra and Monro, 2012).

**3.6 Anticancer Potential**

Kiwifruit has gained considerable attention in recent years for its potential anticancer properties due to its rich composition of antioxidants, polyphenols, flavonoids, carotenoids, and dietary fiber (Motohashi, *et al*., 2002). These bioactive compounds contribute to cancer prevention by neutralizing free radicals, reducing oxidative stress, modulating key signaling pathways, and enhancing immune surveillance. Free radicals and chronic inflammation are major contributors to cancer development, and the potent antioxidant activity of kiwifruit helps mitigate these risks by protecting cellular structures from DNA damage and oxidative injury (Collins, *et al.,* 2001).

Studies have demonstrated that kiwifruit extracts exhibit cytotoxic effects against a variety of cancer cell lines, including colon, breast, lung, and liver cancers (Salama, *et al.,* 2018). These effects are mediated through multiple mechanisms, including apoptosis (programmed cell death), inhibition of cancer cell proliferation, and suppression of angiogenesis (the formation of new blood vessels that support tumor growth). Flavonoids such as quercetin and kaempferol play a crucial role in its chemopreventive effects by inhibiting cancer cell proliferation, blocking metastasis, and interfering with carcinogenic enzyme activity (Salama, *et al.,* 2018). Additionally, kiwifruit polyphenols have been shown to regulate cell cycle progression and enhance DNA repair mechanisms, further reducing the risk of tumor formation.

**3.7 Neuroprotective Properties**

Kiwifruit has been investigated for its neuroprotective effects due to its high antioxidant and anti-inflammatory potential. Oxidative stress and inflammation are key contributors to neurodegenerative diseases such as Alzheimer's and Parkinson's disease. The bioactive compounds in kiwifruit, including vitamin C, polyphenols, and flavonoids, help protect neurons from oxidative damage and reduce neuroinflammation. In some studies, it has been suggested that kiwifruit consumption may improve cognitive function and memory, making it beneficial for aging individuals at risk of cognitive decline.

**3.8 Diabetes Management**

Obesity, diabetes, metabolic syndrome, and dyslipidemia, are among the most significant global health challenges. These conditions are characterized by impaired glucose metabolism, insulin resistance, abnormal lipid profiles, chronic inflammation, and oxidative stress, which increase the risk of cardiovascular diseases, non-alcoholic fatty liver disease (NAFLD), and other complications. As the prevalence of metabolic disorders rises, the search for natural dietary interventions has gained traction. Kiwifruit (*Actinidia deliciosa* and *Actinidia chinensis*) has emerged as a functional food with potential therapeutic benefits for metabolic health due to its rich nutrient profile, bioactive compounds, and fiber content.

**3.8.1 Regulation of Blood Sugar Levels:** One of the most critical aspects of managing metabolic disorders, especially diabetes, is maintaining stable blood glucose levels. Kiwifruit has a low glycemic index (GI), meaning it does not cause a rapid increase in blood sugar levels after consumption (Rush and Drummond, 2019). This property makes it an excellent fruit choice for individuals with diabetes or those at risk of developing insulin resistance. The fiber content in kiwifruit, particularly soluble fiber such as pectin, plays a crucial role in slowing down glucose absorption in the intestines. This results in a more gradual release of glucose into the bloodstream, preventing sharp spikes and crashes in blood sugar levels. Studies have demonstrated that consuming kiwifruit can improve postprandial glucose response, making it a valuable addition to a diabetic-friendly diet (Chen, *et al.,* 2011).

**3.8.2 Enhancement of Insulin Sensitivity:** Insulin resistance is a key feature of metabolic disorders, leading to elevated blood glucose levels and increased fat storage. Kiwifruit contains polyphenols such as quercetin, catechins, and flavonoids, which have been shown to enhance insulin sensitivity (Monro, *et al.,* 2018). These bioactive compounds help improve glucose uptake by cells and facilitate insulin signaling pathways, allowing the body to use glucose more efficiently. Additionally, the high vitamin C content in kiwifruit acts as a powerful antioxidant that reduces oxidative stress- a significant factor in insulin resistance. Oxidative stress damages pancreatic beta cells, which are responsible for insulin production, leading to impaired insulin secretion and worsening diabetes. By reducing oxidative damage, kiwifruit supports pancreatic function and improves overall metabolic health.

**3.8.3 Weight Management:** Obesity is a major risk factor for metabolic disorders, and effective weight management is essential for preventing and managing these conditions. Kiwifruit aids in weight control through several mechanisms:

* + - 1. *High Fiber Content*: The fiber in kiwifruit promotes a feeling of fullness, reducing overall calorie intake. By slowing digestion and prolonging satiety, kiwifruit helps prevent overeating and supports weight management.
			2. *Regulation of Fat Metabolism*: Research suggests that polyphenols in kiwifruit inhibit adipogenesis- the process of fat cell formation. These compounds help regulate lipid metabolism, reducing fat accumulation and improving body composition.
			3. *Low Caloric Value:* Kiwifruit is naturally low in calories while being rich in essential nutrients, making it a great option for those aiming to lose or maintain weight without compromising nutritional intake.

**3.9 Skin Health and Anti-Aging Effects**

Kiwifruit is highly beneficial for skin health due to its rich content of vitamin C, vitamin E, polyphenols, and antioxidants. Vitamin C is a vital nutrient for collagen synthesis, which helps maintain skin elasticity, reduces the appearance of fine lines and wrinkles, and prevents premature aging (Texixeira*, et al.,* 2022). By stimulating fibroblast activity, vitamin C enhances the production of structural proteins that keep the skin firm and youthful. Additionally, its role in skin cell regeneration promotes wound healing and reduces scarring.

The antioxidants in kiwifruit play a crucial role in protecting the skin from environmental stressors, particularly UV radiation and pollution, which contribute to oxidative damage and skin aging. These antioxidants neutralize free radicals, preventing DNA damage and reducing the risk of photoaging, hyperpigmentation, and uneven skin tone (e Silva, *et al.,* 2024). Furthermore, vitamin E, a fat-soluble antioxidant present in kiwifruit, helps maintain the skin’s moisture barrier, improving hydration and preventing dryness. Kiwifruit is also rich in polyphenols, which exhibit potent anti-inflammatory and antimicrobial properties. These compounds help manage inflammatory skin conditions such as acne, eczema, and psoriasis by reducing redness, irritation, and swelling. The fruit's natural enzymes, such as actinidin, further aid in gentle exfoliation, removing dead skin cells and promoting a brighter complexion.

Moreover, the high-water content and fiber in kiwifruit contribute to overall skin hydration and detoxification. Regular consumption of kiwifruit supports a healthy gut microbiome, which is closely linked to skin health, reducing the occurrence of breakouts and promoting a clear complexion.

**3.10 Respiratory Health**

Kiwifruit is well known for its high vitamin C content, which plays a crucial role in supporting respiratory health. Numerous studies have suggested that regular consumption of kiwifruit can help improve lung function, reduce inflammation, and alleviate symptoms associated with respiratory conditions such as asthma.

**3.10.1 Vitamin C and Antioxidant Effects:** One of the key reasons kiwifruits benefits respiratory health is its exceptionally high vitamin C concentration. Vitamin C is a powerful antioxidant that helps neutralize free radicals, reducing oxidative stress in the respiratory tract. Oxidative stress is a major contributor to airway inflammation and lung diseases, including asthma and chronic obstructive pulmonary disease (COPD). By lowering oxidative stress, vitamin C helps maintain healthy lung function and may prevent airway constriction.

**3.10.2 Reduction of Asthma Symptoms:** Research has shown that regular consumption of vitamin C-rich fruits, such as kiwifruit, can significantly reduce symptoms of asthma. A study conducted on children and adults found that individuals who consumed kiwifruit frequently had fewer respiratory issues, including wheezing, coughing, and shortness of breath. These effects are particularly beneficial for individuals with asthma, as vitamin C enhances lung function by decreasing inflammation in the airways and improving immune response.

**3.10.3 Natural Antihistamine Properties:** Kiwifruit also possesses natural antihistamine properties, which can be beneficial for individuals who suffer from allergies and respiratory conditions triggered by allergens. Histamines are chemicals released by the immune system in response to allergens, leading to symptoms like sneezing, nasal congestion, and difficulty breathing. By inhibiting the excessive release of histamines, kiwifruit may help alleviate allergic reactions and improve respiratory comfort.



Figure 4: Pharmacological benefits of Kiwifruits

**3.11 Impact on Gut Health and Metabolic Regulation**

The gut microbiome plays a crucial role in metabolic health, influencing digestion, immune function, and inflammation. Kiwifruit has prebiotic effects, promoting the growth of beneficial gut bacteria.

**3.11.1 Enhanced Digestion:** The enzyme actinidin in kiwifruit aids protein digestion, improving nutrient absorption and reducing digestive discomfort.

**3.11.2 Regulation of Gut Microbiota:** Kiwifruit fiber serves as a prebiotic, nourishing beneficial gut bacteria that play a role in metabolic health. A balanced gut microbiome helps regulate glucose metabolism, reduce inflammation, and improve insulin sensitivity.

**3.11.3 Prevention of Intestinal Inflammation:** Polyphenols in kiwifruit help strengthen the gut barrier, reducing intestinal permeability and preventing harmful substances from entering the bloodstream. This mechanism is particularly beneficial for individuals with metabolic syndrome, as gut dysbiosis is closely linked to obesity and insulin resistance.

**4. Potential Applications in Functional Foods**

Kiwifruit is rich in dietary fiber, which acts as a prebiotic by promoting the growth of beneficial gut bacteria such as *Lactobacillus* and *Bifidobacterium*. It is incorporated into probiotic yogurts, fermented drinks, and gut-health supplements to enhance digestive function and support a balanced gut microbiota. Kiwifruit’s high vitamin C and polyphenol content make it a popular ingredient in functional juices, smoothies, detox drinks, and herbal infusions. These beverages help in boosting immunity, detoxification, and hydration while providing a refreshing taste. Kiwifruit extracts and powders are used in nutraceutical supplements to enhance digestive health, immune function, and skin vitality. These supplements come in the form of capsules, chewables, and powdered blends for smoothies or energy drinks. Dehydrated kiwifruit slices, granola bars, and energy bites enriched with kiwifruit provide fiber, antioxidants, and natural sugars, making them an ideal snack for sustained energy and gut health.

**5. Conclusion and Future Perspectives**

Kiwifruit (*Actinidia deliciosa*) offering significant pharmacological and nutritional benefits along with high vitamin C, vitamin E, polyphenols, flavonoids, carotenoids, and dietary fiber, it plays a crucial role in immune support, cardiovascular health, metabolic regulation, and digestive well-being. Its high antioxidant and anti-inflammatory properties contribute to disease prevention, making it a functional food with substantial therapeutic value. Regular consumption has been associated with improved lung function, reduced respiratory symptoms, better gut health, enhanced metabolic function, and potential neuroprotective effects. Additionally, its natural antihistamine properties make it beneficial for individuals with allergies and asthma, further reinforcing its role in preventive healthcare.

Despite substantial research highlighting its health benefits, several knowledge gaps remain in fully understanding the therapeutic potential of kiwifruit. Future investigations should focus on clinical trials to validate its efficacy in disease prevention and management, ensuring evidence-based applications in healthcare. Additionally, mechanistic studies exploring the molecular pathways through which kiwifruit bioactives exert their effects would provide deeper insights into its pharmacological relevance. Research on bioavailability, optimal dosages, and food processing techniques will also be crucial in enhancing its utility in health promotion.

The increasing global demand for functional foods and nutraceuticals presents an opportunity to incorporate kiwifruit-derived compounds into novel food formulations, dietary supplements, and pharmaceutical applications. Expanding its use in functional foods may further enhance its contribution to human health. Sustainable cultivation practices and postharvest technologies should also be optimized to maintain the fruit’s nutritional integrity and extend its shelf life, ensuring its availability to a broader population.

In conclusion, kiwifruit holds great promise as a functional food with significant health benefits. However, multidisciplinary research integrating agriculture, food science, biotechnology, and medicine is essential to maximize its potential in promoting human health and preventing chronic diseases. With further advancements in clinical research and food innovation, kiwifruit can be positioned as a key component of dietary strategies aimed at enhancing overall well-being and longevity.

Disclaimer (Artificial intelligence)

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc.) and text-to-image generators have been used during the writing or editing of this manuscript.

**REFERENCE**

Alim, A., Li, T., Nisar, T., Ren, D. Y., Zhai, X. C., Pang, Y. X., & Yang, X. B. (2019). Antioxidant, antimicrobial, and antiproliferative activity‐based comparative study of peel and flesh polyphenols from Actinidia chinensis. *Food & Nutrition Research*, 63, 1–10.

Amer, M. A., Eid, J. I., & Hamad, S. R. (2014). Evaluation of gastric and hepatic protective effects of kiwifruit extract on toxicity of indomethacin in swiss albino mice using histological studies*. International Journal of Science and Research,* 3(7), 1631–1641.

Antonelli, M., & Donelli, D. (2021). Kiwifruit (Actinidia spp.) Dietary Consumption for Constipation: A Systematic Review and Meta-Analysis. *Future Pharmacology*, 1(1), 27-40.

Arranz, S., Saura‐Calixto, F., Shaha, S., & Kroon, P. A. (2009). High contents of nonextractable polyphenols in fruits suggest that poly‐ phenol contents of plant foods have been underestimated. *Journal of Agricultural and Food Chemistry*, 57(16), 7298–7303.

Bayer, S. B., Frampton, C. M., Gearry, R. B., & Barbara, G. (2022). Habitual green kiwifruit consumption is associated with a reduction in upper gastrointestinal symptoms: a systematic scoping review. *Advances in Nutrition*, 13(3), 846-856.

Bieniek, A. and Dragańska, E. (2013). Content of macroelements in fruits of Ukrainian cultivars of hardy kiwifruit and Actinidia charta depending on the weather conditions during the phenological phases. *Journal of Trace Element Research*, 8:23-28.

Billows, M., Kakoschke, N., & Zajac, I. T. (2022). The role of kiwifruit in supporting psychological well-being: A rapid review of the literature. *Nutrients,* 14(21), 4657.

Boland, M. (2013). Kiwifruit proteins and enzymes: actinidin and other significant proteins*. Advances in Food and Nutrition Research,* 68, 59-80.

Carr, A. C., Bozonet, S. M., Pullar, J. M., & Vissers, M. C. (2013). Mood improvement in young adult males following supplementation with gold kiwifruit, a high-vitamin C food. *Journal of Nutritional Science*, 2, e24.

Carr, A. C., Pullar, J. M., Moran, S., & Vissers, M. C. (2012). Bioavailability of vitamin C from kiwifruit in non-smoking males: Determination of healthy and optimal intakes. *Journal of Nutritional Science*, 1, e14.

Chawla, H., Parle, M., & Yadav, M. (2016). Medicinal potential and phytopharmacology of Actnidia deleciosa, *International Journal of Experimental Pharmacology*, 6(1), 20–25.

Chen, Y.Y., Wu, P. C., Weng, S. F. & Liu, J. F. (2011) Glycemia and peak incremental indices of six popular fruits in Taiwan: healthy and Type 2 diabetes subjects compared. *Journal of Clinical Biochemistry and Nutrition,* 49(3):195–199.

Choi, J., Choi, H., Jang, Y., Paik, H. G., Kwon, H. S., & Kwon, J. (2024). Fermented Gold Kiwifruit Protects Mice Against Non-Alcoholic Fatty Liver Disease in a High-Fat Diet Model. *Applied Sciences,* 14(24), 11503.

Collins, B. H., Horská, A., Hotten, P. M., Riddoch, C., & Collins, A. R. (2001). Kiwifruit protects against oxidative DNA damage in human cells and in vitro. *Nutrition and Cancer*, 39(1), 148–153.

Cossio F, Debersaques F and Latocha P, Kiwiberry (Actinidia arguta): new perspectives for a great future. *Acta Horticulturae,* 1096:423-434 (2015).

Dawei, L. I., Min, Y., Cheng, C., Liu, X., Xie, X., Chalchisa, G., & Zhong, C. (2025). The diversity and disparity of mineral elements in global kiwifruits. *Food Research International*, 115844.

Drummond, L. (2013). The composition and nutritional value of kiwifruit. In M. Boland & P. J. Moughan (Eds.), *Advances in food and nutrition research*, 68: 33–57. Academic Press

e Silva, A. M. O. (2024). *From Soil to Skin: Eco-Friendly Extract from Kiwiberry Leaves for Prevention of Skin Aging Process* (Doctoral dissertation, Universidade do Porto (Portugal)).

El Zawawy, N. A. (2015). Antioxidant, antitumor, antimicrobial studies and quantitative phytochemical estimation of ethanolic extracts of selected fruit peels. International Journal *Current Microbiology Application Science*, 4(5), 298–309.

Ferguson, A. R., & Bollard, E. G. (1990). Domestication of the kiwifruit. Kiwifruit: *Science and Management*, 165–246.

Ferguson, A. R., & Ferguson, L. R. (2002). Are kiwifruit really good for you? *Acta Horticulturae*, 610, 131–138.

Fisk, C. L., Mc Daniel, M. R., Strik, B. C., & Zhao, Y. (2006). Physicochemical, sensory, and nutritive qualities of hardy kiwifruit (*Actinidia arguta* ‘Ananasnaya’) as affected by harvest maturity and storage. *Journal of Food Science*, 71:204-210.

Gearry, R., Fukudo, S., Barbara, G., Kuhn-Sherlock, B., Ansell, J., Blatchford, P., & Drummond, L. (2022). Consumption of two green kiwifruit daily improves constipation and abdominal comfort–results of an international multicentre randomised controlled trial. *Official journal of the American College of Gastroenterology (ACG),* 10-14309.

Guroo, I., Wani, S. A., Wani, S. M., Ahmad, M., Mir, S. A., & Masoodi, F. A. (2017). A review of production and processing of kiwifruit. *Journal of Food Processing and Technology*, 8(10), 1–6.

Hunter, C. D., Greenwood, J., Zhang, J., & Skinner, A. M. (2011). Antioxidant and ‘natural protective properties of kiwifruit. *Current Topics in Medicinal Chemistry*, 11(14), 1811–1820.

Hunter, D. C., Denis, M., Parlane, N. A., Buddle, B. M., Stevenson, L. M., & Skinner, M. A. (2008). Feeding ZESPRI™ GOLD Kiwifruit puree to mice enhances serum immunoglobulins specific for ovalbumin and stimulates ovalbumin-specific mesenteric lymph node cell proliferation in response to orally administered ovalbumin*. Nutrition Research*, 28(4), 251–257.

Hunter, D. C., Skinner, M. A., Wolber, F. M., Booth, C. L., Loh, J. M., Wohlers, M., Stevenson, L. M., & Kruger, M. C. (2012). Consumption of gold kiwifruit reduces severity and duration of selected upper respiratory tract infection symptoms and increases plasma vitamin C concentration in healthy older adults. *British Journal of Nutrition*, 108(7), 1235–1245.

Hussain, S. Z., Naseer, B., Qadri, T., Fatima, T., & Bhat, T. A. (2021). Kiwifruit (Actinidia deliciosa)—Morphology, Taxonomy, Composition and Health Benefits. In Fruits Grown in Highland Regions of the Himalayas: Nutritional and Health Benefits (pp. 145-156). Cham: Springer International Publishing.

Kandasamy, P., & Shanmugapriya, C. (2015). Medicinal and nutritional characteristics of fruits in human health*. Journal of Medicinal Plants Studies*, 4(4), 124-131.

Karlsen, A., Svendsen, M., Seljeflot, I., Laake, P., Duttaroy, A. K., Drevon, C. A., Arnesen, H., Tonstad, S., & Blomhoff, R. (2013). Kiwifruit decreases blood pressure and whole-blood platelet aggregation in male smokers. *Journal of Human Hypertension*, 27(2), 126–130.

Katsumata, S., Wolber, F. M., Tadaishi, M., Tousen, Y., Ishimi, Y., & Kruger, M. C. (2015). Effect of kiwifruit on bone resorption in ovariectomized mice*. Journal of Nutritional Science and Vitaminology*, 61(4), 332–337.

Kaur, L., Mao, B., Bailly, J., Oladeji, O., Blatchford, P., & McNabb, W. C. (2022). Actinidin in green and sungold kiwifruit improves digestion of alternative proteins- an in vitro investigation. *Foods,* 11(18), 2739.

Kerkeni, M., Kerkeni, M., Ammar, A., Aziz, A. R., Jallouli, A., AlSaleh, A., & Trabelsi, K. (2025). 4-Week intervention combining kiwifruit consumption and small-sided soccer games improves sleep quality in children with overweight/obesity and pre-existing sleep problems. *Nutrition and Health*, 02601060241311385.

Kim JG, Beppu K and Kataoka I, Varietal differences in phenolic content and astringency in skin and flesh of hardy kiwifruit resources in Japan. *Scientia Horticulturae*, 120:551-554 (2009).

Latocha P, Debersaques F and Decorte J, Varietal difference in the mineral composition of kiwiberry - Actinidia arguta (Siebold et. Zucc.) planch. Ex. Miq. *Acta Horticulturae,* 1096:479-486 (2015a).

Latocha P, Łata B and Stasiak A, Phenolics, ascorbate and the antioxidant potential of kiwiberry vs. common kiwifruit: the effect of cultivar and tissue type. J Funct Food 19:155-163 (2015b).

Latocha, P., Krupa, T., Wolosiak, R., Worobiej, E., & Wilczak, J. (2010). Antioxidant activity and chemical difference in fruit of different Actinidia sp. *International Journal of Food Sciences and Nutrition*, 61, 381–394.

Mishra, S. & Monro, J. A. (2012). Kiwifruit remnants from digestion in vitro have functional attributes of potential importance to health*. Food Chem*istry, 135(4):2188–2194.

Mishra, S., Edwards, H., Hedderley, D., Podd, J. & Monro, J. (2017). Kiwifruit non-sugar components reduce glycaemic response to co-ingested cereal in humans. *Nutrients.*

Mishra, S., Edwards, H., Hedderley, D., Podd, J., & Monro, J. (2017). Kiwifruit non-sugar components reduce glycaemic response to co-ingested cereal in humans. *Nutrients*, 9(11), 1195.

Monro, J., Bentley-Hewitt, K., & Mishra, S. (2018). Kiwifruit exchanges for increased nutrient richness with little effect on carbohydrate intake, glycaemic impact, or insulin response. *Nutrients*, *10*(11), 1710.

Motohashi, N., Shirataki, Y., Kawase, M., Tani, S., Sakagami, H., Satoh, K., Kurihara, T., Nakashima, H., Mucsi, I., Varga, A., & Molnár, J. (2002). Cancer prevention and therapy with kiwifruit in Chinese folklore medicine: A study of kiwifruit extracts. *Journal of Ethnopharmacology*, 81(3), 357–364.

Moysidou, A. M., Cheimpeloglou, K., Koutra, S. I., Finos, M. A., Ofrydopoulou, A., & Tsoupras, A. (2024). A Comprehensive Review on the Antioxidant and Anti-Inflammatory Bioactives of Kiwi and Its By-Products for Functional Foods and Cosmetics with Health-Promoting Properties*. Applied Sciences, (2076-3417)*, *14*(14).

Nishiyama I, Fukuda T and Oota T, Genotypic differences in chlorophyll, lutein, and β-carotene contents in the fruits of Actinidia species. *Journal of Agricultural Food and Chemistry*, 53:6403-6407 (2005).

Nishiyama, I., Yamashita, Y., Yamanaka, M., Shimohashi, A., Fukuda, T., & Oota, T. (2004). Varietal difference in vitamin C content in the fruit of kiwifruit and other Actinidia species. *Journal of Agricultural and Food Chemistry,* 52(17), 5472–5475.

Pal, R.S., Arun, K.R., Agrawal, P.K., and Bhatt, J.C. (2013). Antioxidant capacity and related phytochemicals analysis of methanolic extract of two wild edible fruits from north western Indian Himalaya. *International Journal of Biological and Pharmaceutical Science*, 4: 113-123

Pastorello, E.A., Conti, A., Pravettoni, V., Farioli, L., Rivolta, F., Ansaloni, R., Ispano, M., Incorvaia, C., Giuffrida, M.G. and Ortolani, C., 1998. Identification of actinidin as the major allergen of kiwi fruit. *Journal of Allergy and Clinical Immunology*, 101(4), pp.531-537.

Peng, Y., Cordiner, S. B., Sawyer, G. M., McGhie, T. K., Espley, R. V., Allan, A. C., & Hurst, R. D. (2020). Kiwifruit with high anthocyanin content modulates NF-κB activation and reduces CCL11 secretion in human alveolar epithelial cells. *Journal of Functional Foods*, 65, 103734.

Pinelli, P., Romani, A., Fierini, E., Remorini, D., & Agati, G. (2013). Characterisation of the polyphenol content in the kiwifruit (*Actinidia deliciosa*) exocarp for the calibration of a fruit-sorting optical sensor. *Phytochemical Analysis*, 24(5), 460–466.

Prior, R. L. (2007). Antioxidant status in vivo: The case for regular consumption of antioxidant rich fruits and vegetables. *Acta Horticulturae*, 841, 75–84.

Rasheed, R. B., Hussain, S., & Syed, S. K. (2021). Phytochemistry, nutritional and medicianl value of kiwi fruit. *Postepy Biologii Komorki*, 48(2), 147-165.

Rassam, M., & Laing, W. (2005). Variation in ascorbic acid and oxalate levels in the fruit of Actinidia chinensis tissues and genotypes. *Journal of Agricultural and Food Chemistry*, 53, 2322–2326.

Richardson, D. P. (2015). Developing the right public health strategies for folic acid and reduction of risk of neural tube defects (NTDs) in the United Kingdom. *European Journal of Nutrition & Food Safety*. 242-249.

Richardson, D. P., Ansell, J., & Drummond, L. N. (2018). The nutritional and health attributes of kiwifruit: A review. *European Journal of Nutrition*, 57(8), 2659–2676.

Rush, E. & Drummond, L. N. (2009). The glycaemic index of kiwifruit. N Z Kiwifruit J 192: 29–33

Saeed, K.M.; You, L.; Chen, C.; Zhao, Z.; Fu, X. & Liu, R.H. (2019). Comparative assessment of phytochemical profiles and antioxidant and antiproliferative activities of kiwifruit (Actinidia deliciosa) cultivars. *Journal of Food Biochemistry*.

Salama, Z. A., Aboul-Enein, A. M., Gaafar, A. A., Abou-Elella, F., Aly, H. F., Asker, M. S., & Ahmed, H. A. (2018). Active constituents of Kiwi (*Actinidia deliciosa* Planch) peels and their biological activities as antioxidant, antimicrobial and anticancer. *Research Journal of Chemistry and Environment*, 22(9), 52–59.

Salehi, F. (2021). Quality, physicochemical, and textural properties of dairy products containing fruits and vegetables: A review. *Food Science & Nutrition*, 9(8), 4666-4686.

Satpal, D., Kaur, J., Bhadariya, V., & Sharma, K. (2021). Actinidia deliciosa (Kiwi fruit): A comprehensive review on the nutritional composition, health benefits, traditional utilization, and commercialization. *Journal of Food processing and Preservation*, 45(6), e15588.

Shastri, K. V., Bhatia, V., Parikh, P. R., & Chaphekar, V. N. (2012). Actinidia deliciosa: A review. *International Journal of Pharmaceutical Sciences and Research*, 3(10), 3543.

Shu, Q., Mendis De Silva, U., Chen, S., Peng, W., Ahmed, M., Lu, G., Yin, Y., Liu, A., & Drummond, L. (2008). Kiwifruit extract enhances markers of innate and acquired immunity in a murine model. *Food and Agricultural Immunology,* 19(2), 149–161.

Singh, N. D., Pandey, D., Mishra, T. S., Singh, M. K., & Misra, V. K. (2018). The kiwifruit landscape: The Arunachal Pradesh story. *Journal for Reviews on Agriculture and Allied Fields*, 19, 19–24.

Singletary, K. (2012). Kiwifruit: Overview of potential health benefits. Nutrition Today, 47(3), 133–147.

Skinner, M. A., Loh, J. M., Hunter, D. C., & Zhang, J. (2011). Gold kiwifruit (Actinidia chinensis ‘Hort16A’) for immune support. *Proceedings of the Nutrition Society,* 70(2), 276–280.

Slacin, J. L. and Lioyd, B. (2012). Health benefits of fruits and vegetables*. Advance Nutritent*, 3:506-516.

Stonehouse, W., Gammon, C. S., Beck, K. L., Conlon, C. A., von Hurst, P. R., & Kruger, R. (2013). Kiwifruit: our daily prescription for health. *Canadian journal of physiology and pharmacology*, 91(6), 442-447.

Teixeira, A. P., Coutinho, B., Cancela, J., Cullen, L., & Brito, M. (2022). Valorisation of Kiwifruit Residues and their Application in an Anti-ageing Facial Cream. *U. Porto Journal of Engineering*, *8*(5), 68-85.

Tyagi, S., Nanher, A. H., Kumar, V., Nishad, S. K., Ahmad, M., & Bhamini, K. (2015). Kiwifruit: Health benefits and medicinal importance. Rashtriya Krishi, 10(2), 98–100.

Wang, H., Guo, X., Hu, X., Li, T., Fu, X., & Liu, R. H. (2017). Comparison of phytochemical profiles, antioxidant and cellular antioxidant activities of different varieties of blueberry (*Vaccinium* spp.). *Food Chemistry,* 217, 773–781.

Wang, K., Li, M., Wang, Y., Liu, Z., & Ni, Y. (2021). Effects of extraction methods on the structural characteristics and functional properties of dietary fiber extracted from kiwifruit (Actinidia deliciosa). *Food Hydrocolloids*, 110, 106162.

Wang, K., Wang, Y., Chen, S., Gu, J., & Ni, Y. (2022). Insoluble and soluble dietary fibers from kiwifruit (Actinidia deliciosa) modify gut microbiota to alleviate high-fat diet and streptozotocin-induced TYPE 2 diabetes in rats. *Nutrients,* 14(16), 3369.

Wang, Y., Li, L., Liu, H., Zhao, T., Meng, C., Liu, Z., & Liu, X. (2018). Bioactive compounds and in vitro antioxidant activities of peel, flesh and seed powder of kiwi fruit. *International Journal of Food Science & Technology*, 53, 2236–2245.

Wilson, R., Willis, J., Gearry, R., Hughes, A., Lawley, B., Skidmore, P., Frampton, C., Fleming, E., Anderson, A., Jones, L., Tannock, G., & Carr, A. (2018). Sun Gold kiwifruit supplementation of individuals with prediabetes alters gut microbiota and improves vitamin C status. Anthropometric and Clinical Markers. *Nutrients,* 10(7), 895.

Wojdyło A and Nowicka P, Anticholinergic effects of Actinidia arguta fruits and their polyphenol content determined by liquid chromatography-photodiode array detector-quadrupole/time of flight-mass spectrometry (LC-MS-PDA-Q/TOF). *Food Chemistry*, 71:216-223 (2019).

Wojdyło A, Nowicka P, Oszmiański J and Golis T, Phytochemical compounds and biological effects of Actinidia fruits. *Journal of Functional Foods*, 30:194-202 (2017).

Wolber, F. M., Beck, K. L., Conlon, C. A., & Kruger, M. C. (2013). Kiwifruit and mineral nutrition. *Advances in Food and Nutrition Research*, 68, 233–256.

Yuan, M., Chen, X., Su, T., Zhou, Y., & Sun, X. (2021). Supplementation of kiwifruit polyphenol extract attenuates high fat diet induced intestinal barrier damage and inflammation via reshaping gut microbiome. *Frontiers in Nutrition*, 8, 702157.