

Review of: "[Mini Review] Role of Mango in Immune System"

Santosh Kale¹

¹ Lowell General Hospital

Potential competing interests: No potential competing interests to declare.

This is a delicious mini review of the benefits of mango. I like the idea of highlighting the bioactive chemical compounds found in mango and their role in the human body and immune system. However, most of the conclusions of the review end up saying that mango may be beneficial and that direct evidence of mango and its effects on the immune system has not been shown. Nevertheless, it is understandable that limited studies are available to show the direct benefits of mango. If it was demonstrated how mango is superior to other fruits, it would have been nicer. Overall, the current review does tell us that mango is certainly a fruit worthy of addition to our diet for various reasons. A brief mention of side effects of mango like GI intolerance, such as diarrhea, and contact dermatitis/allergies would have made the paper wholesome in total.