

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

Gity Behbudi¹

¹ Guilan University

Potential competing interests: No potential competing interests to declare.

This mini review on the role of mango in immune system health provides a comprehensive overview of the nutritional composition of mangoes and their potential effects on immune function.

Including a section on recipes and processed mango products adds practical value to the article. It offers readers actionable steps to incorporate mangoes into their diet in creative ways, thereby reaping the potential immune-boosting benefits discussed earlier.