

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

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**Potential competing interests:** No potential competing interests to declare.

[Mini Review] Role of Mango in Immune System

COMMENTS/CORRECTION

ABSTRACT

Line 3: Written "Role of Mango in Immune System," the a fascinating

Should be "Role of Mango in Immune System," a fascinating

2.5. Iron, Sodium, Calcium, Phosphorus, and Potassium

Line 2: Written .... advantages maintaining fluid equilibrium

Should be: .... advantages maintaining fluid equilibrium

Line 3: Written ----- an essential mineral, and electrolyte

Should be ..... an essential mineral, and electrolytes

2.7. Energy

Line 2: There are repetitions in describing the fat content, which has been described previously in Section 2.3. Fat

Written: Calories and 0.1 grams of fat per 100 grams, ripe mangoes offer 74 calories and 0.4 grams of fat

Should be: Calories and 0.1 grams of fat per 100 grams, ripe mangoes offer 74 calories and 0.4 grams of fat

3. Basics of Immune Health

This section is too general and not directly related to the topic "mango."

Therefore, it is suggested to delete this section.

~~The immune system is an intricate network of tissues, cells, and chemicals that protects the body from infections and~~

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~~Qeios ID: QE6AU0 · <https://doi.org/10.32388/QE6AU0> 5/17~~

Promotes general health [1]. The lymphatic system, white blood cells (such as lymphocytes and phagocytes), antibodies, Lymphoid organs (such as the thymus and spleen), and other bodily systems make up the immune system. These elements work in close coordination to elicit immunological responses and maintain immune surveillance throughout the body. An individual's general health and well-being are directly impacted by the immune system's capacity to prevent and treat infections, allergies, and chronic disorders. A healthy immune system contributes to long-term disease prevention, quicker healing, and protection against illness. Thus, enhancing immune function is essential for fostering a healthy and durable physique.

The prevention of chronic diseases and the maintenance of good health both greatly benefit from a robust immune system [38]. In addition to supporting general health and vigour, the immune system is essential for tissue regeneration and repair [1]. According to psychological research, having a strong immune system improves mental and emotional wellbeing

by lowering levels of stress and anxiety system [38]. The amazing immune systems in the human body protect us from illnesses. Our immune system uses three different types of defence mechanisms—innate immunity, adaptive immunity, and passive immunity—to protect our bodies from pathogens. These defence mechanisms all work in different ways to keep us safe from dangerous outsiders. Our bodies' innate immunity serves as a quick reaction system and initial line of defence [39][40]. According to [41], it is present from birth and offers instant defence against a variety of infections. Innate immunity includes both chemical and physical barriers, such as antimicrobial proteins and enzymes, as well as physical barriers like the skin and mucous membranes [42]. These defences provide constant protection against a variety of infections [43][44]. Following innate immunity, adaptive immunity is activated. It is a highly specialized defence mechanism that evolves with time. Adaptive immunity involves the activation of particular immune cells, such as T and B lymphocytes, which create antibodies tailored against particular diseases [39]. Although it takes longer, this procedure offers long-term protection and memory against previously met infections. As the name implies, passive immunity refers to the brief transmission of already-formed antibodies from one person to another. This transfer can happen spontaneously, such as when a woman breastfeeds her baby, or artificially, such as when immunological serum or antibodies are given to a patient [1][45]. Passive immunity offers immediate, albeit transitory, defence against some infections. To talk about the

~~unique reaction to eating mangoes, mangoes include a variety of minerals and phytochemicals that are beneficial to health, but their effect on immunity has garnered particular attention. Evidence gathered via scientific investigations and research suggests that some mangoes' nutrients, including vitamins, minerals, and bioactive substances, may have immunomodulatory effects that could help innate immunity operate and be strengthened. The following sections will discuss the special ways that mangoes assist our immune system. Get ready to find out the truth about the connection between mangoes and the body's first line of defence, which is advantageous.~~

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Page 8 - 2<sup>nd</sup> sentence

Written: ~~The readers will learn~~ numerous

methods for processing mango into a variety of mango products that may be incorporated into ~~their~~ daily meals, from energizing ripe mango products to unripe products.

Should be : Numerous

methods for processing mango into a variety of mango products that may be incorporated into daily meals, from energizing ripe mango products to unripe products are presented in Table 2.

Page 8 Table 2 Second paragraph

Written :

### **Mango beverages**

To prepare mango beverages, start by blending ripe mangoes with water for mango juice or keeping the pulpy consistency for mango nectar. For mango squash, combine mango juice, sugar, and water, then dilute before serving. Mango wine requires fermentation. Milk-based options like mango lassi can be made with mango, yoghurt, and milk, while carbonated mango beverages involve combining mango juice with sparkling water. ~~Customize these recipes to enjoy a variety of refreshing mango beverages at home.~~

Should be:

### **Mango beverages**

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consistency for mango nectar. For mango squash, combine mango juice, sugar, and water, then dilute before serving. Mango wine requires fermentation. Milk-based options like mango lassi can be made with mango, yoghurt, and milk, while carbonated mango beverages involve combining mango juice with sparkling water.

Page 8 Table 2 last line

Written: Vermicelli and powder ~~made~~ from mango cereal can be made by mixing cooked wheat flour into a dough that is appropriate for extrusion through a vermicelli press or by drying the vermicelli directly on trays.

Should be : Vermicelli and powder from mango cereal can be made by mixing cooked wheat flour into a dough that is appropriate for extrusion through a vermicelli press or by drying the vermicelli directly on trays.

## 5. Conclusion

a. It is suggested to conclude the beneficial of consuming between the unripe or the ripe mango since it was discussed in many sections.

b. The last two sentences should be not included since it was not concluded from the review.

This extensive examination of mangoes has revealed their exceptional potential as an important booster of immune function. Mangoes are an excellent source of vitamins, minerals, and antioxidants that help to support the immune system.

and lower oxidative stress. Mangoes are special in that they contain considerable amounts of vitamins A, C, and E, which are essential for the synthesis of white blood cells and antibodies, both of which are necessary for a healthy immune system. In addition, mangoes contain antioxidants that not only help to lower inflammation but also protect the body from potential threats by scavenging dangerous free radicals. Mangoes also contain beneficial substances, including carotenoids and polyphenols, which have outstanding anti-inflammatory and immunomodulatory capabilities. These substances affect how immune cells operate and support the development of a balanced immunological response.

Mangoes' fibre content is also essential for promoting a healthy gut microbiome, which is essential for maintaining normal immunological function. Mangoes can unquestionably improve immune function when included in a balanced, healthy lifestyle. By embracing the delightful flavour and potential immune-boosting properties of mangoes, individuals can take a proactive step towards a holistic approach to well-being and fortified immune health. ~~Although the evidence presented~~

here suggests that mangoes may be good for your immune system, one should still get specific advice from qualified dietitians or medical experts. They can offer tailored advice depending on client requirements and medical situations,