

Mauritia flexuosa L. *The species*

Also known as:

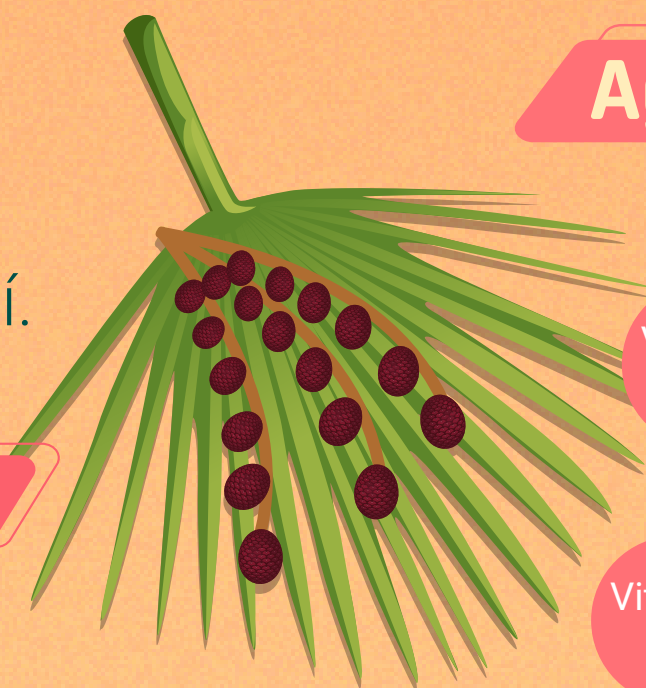
Aguaje
moriche, burutí.

Geography

It is found
throughout
northern South
America,
distributed widely
among Amazonian
countries.



Aguaje *The fruit*



Vitamin
A

Vitamin
C

Iron

Calcium

Phosphorus

Magnesium

CHARACTERISTICS

The plant's edible oil, which is extracted from the fruit pulp, has the highest concentration of provitamin A found in nature. A single 100 g portion of aguaje fruit pulp contains 1,204 mcg of vitamin A (RAE), which is 133.8% the daily recommended value for an adult.

Energy:
286 kCal
per 100g EP

OTHER USES

Aguaje has been shown to treat and prevent xerophthalmia – dry eyes associated with vitamin A deficiency – in children. Other research has shown the fruit pulp is rich in antioxidants and can help lower cholesterol.

The tree

Up to 35 m



Fruit
is used to make a
variety of juices and
desserts.

Aguajina, a traditional
Peruvian drink, is made
of the pulp diluted in
water with sugar.

The leaves, roots
and palm heart of
M. flexuosa are also
edible.

Maturity before yields
8-10 years

Aguaje fruit is a valuable commodity in local markets. In Peru, the national demand for aguaje is 20 metric tons per day. Similar drinks and desserts are sold in other Amazonian countries as well.

This fruit is one of many
that could help
**diversify
agroforestry
systems**
in the Amazon.

The trees also offer exceptional
**ecosystem
services**
including water quality
improvement
and carbon fixation.