

July 26, 2012

**GoWild-Gubinge aka Kakadu Plum**  
The world's richest source of Vitamin C.

Plant source	Amount (mg / 100g)
<a href="#">Kakadu plum</a>	1000–5300 <sup>[128][129][130]</sup>
<a href="#">Camu Camu</a>	2800 <sup>[131][132]</sup>
<a href="#">Acerola</a>	1677 <sup>[133]</sup>
<a href="#">Seabuckthorn</a>	695
<a href="#">Mica Muro</a>	500
<a href="#">Indian gooseberry</a>	445
<a href="#">Rose hip</a>	426 <sup>[134]</sup>
<a href="#">Baobab</a>	400
<a href="#">Chili pepper (green)</a>	244
<a href="#">Guava (common, raw)</a>	228.3 <sup>[135]</sup>
<a href="#">Blackcurrant</a>	200
<a href="#">Red pepper</a>	190
<a href="#">Chili pepper (red)</a>	144
<a href="#">Parsley</a>	130
<a href="#">Kiwifruit</a>	90
<a href="#">Broccoli</a>	90
<a href="#">Loganberry</a>	80
<a href="#">Redcurrant</a>	80
<a href="#">Brussels sprouts</a>	80
<a href="#">Wolfberry (Goji)</a>	73 †
<a href="#">Lychee</a>	70
<a href="#">Persimmon (native, raw)</a>	66.0 <sup>[136]</sup>
<a href="#">Cloudberry</a>	60
<a href="#">Elderberry</a>	60



**March 29, 2012 – GoWild Australia reports:**

GoWild Australia's Kakadu Plum whole fruit powder minimum Vitamin C in 100 grams of product is 17,000 milligrams (Average: 17,000 – 20,000) with a minimum ORAC level of 1,200,000 um/1)

One small Kakadu Plum has over 100 times the concentration found in an Orange!

† average of 3 sources; dried

Plant source	Amount (mg / 100g)
<a href="#">Papaya</a>	60
<a href="#">Strawberry</a>	60
<a href="#">Orange</a>	50
<a href="#">Kale</a>	41
<a href="#">Lemon</a>	40
<a href="#">Melon, cantaloupe</a>	40
<a href="#">Cauliflower</a>	40
<a href="#">Garlic</a>	31
<a href="#">Grapefruit</a>	30
<a href="#">Raspberry</a>	30
<a href="#">Tangerine</a>	30
<a href="#">Mandarin orange</a>	30
<a href="#">Passion fruit</a>	30
<a href="#">Spinach</a>	30
<a href="#">Cabbage raw green</a>	30
<a href="#">Lime</a>	30
<a href="#">Mango</a>	28
<a href="#">Blackberry</a>	21
<a href="#">Potato</a>	20
<a href="#">Melon, honeydew</a>	20
<a href="#">Tomato, red</a>	13.7 <sup>[137]</sup>
<a href="#">Cranberry</a>	13
<a href="#">Tomato</a>	10
<a href="#">Blueberry</a>	10

<a href="#">Pineapple</a>	10
<a href="#">Pawpaw</a>	10
<b>Plant source</b>	<b>Amount (mg / 100g)</b>
<a href="#">Grape</a>	10
<a href="#">Apricot</a>	10
<a href="#">Plum</a>	10
<a href="#">Watermelon</a>	10
<a href="#">Banana</a>	9
<a href="#">Carrot</a>	9
<a href="#">Avocado</a>	8
<a href="#">Crabapple</a>	8
<a href="#">Persimmon (Japanese, fresh)</a>	7.5 <sup>[138]</sup>
<a href="#">Onion</a>	7.4 <sup>[139]</sup>
<a href="#">Cherry</a>	7
<a href="#">Peach</a>	7
<a href="#">Apple</a>	6
<a href="#">Asparagus</a>	6
<a href="#">Horned melon</a>	5.3 <sup>[140]</sup>
<a href="#">Beetroot</a>	5
<a href="#">Chokecherry</a>	5
<a href="#">Pear</a>	4
<a href="#">Lettuce</a>	4
<a href="#">Cucumber</a>	3
<a href="#">Eggplant</a>	2
<a href="#">Raisin</a>	2
<a href="#">Fig</a>	2
<a href="#">Bilberry</a>	1
<a href="#">Medlar</a>	0.3