

Benefits of Mangosteen Fruit and Juice

The mangosteen is a tropical evergreen tree, believed to have originated in Southeast Asia, the Sunda Islands and the Moluccas with tropical fruit with juicy flesh. The mangosteen fruit, known as the queen of fruits is 2-3 inch diameter. The outer purple-black skinned shell of the mangosteen fruit is hard. The snow-white, juicy, soft flesh pulp is segmented like an orange with 4 to 8 triangular segments. The mangosteen fruit is mild acidic, like that of a prune. The mangosteen fruit is high in carbohydrates, fibers and iron but low in vitamins and minerals. Juice provides many benefits that will help improve the immune system and blood circulation, strengthen the body's ability to fight disease and infection due to its powerful antioxidants and healthy nutrients. Recent research studies on mangosteen fruit and juice suggest that it is helpful in preventing and stopping diseases such as cancer, diabetes, heart disease, Alzheimer's disease and other chronic diseases. It is no wonder that a growing number of health practitioners are using the mangosteen in their clinical practice. Copyright, 2005, www.FatFreeKitchen.com Please note that this article is not a substitute for medical advice. You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all hyperlinks (clickable) and references and copyright info.

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