

***Botanical Name- Mangifera indica***

***Common Name –Mango,Aam***



### Uses

1. Nutritional Source: Provides edible fruits rich in sugars and nutrients.
2. Boosts Energy: Fruits offer natural energy due to high sugar content.
3. Supports Digestive Health: Rich in dietary fiber, aids digestion and relieves constipation.
4. Improves Bone Health: Contains calcium, phosphorus, and magnesium.
5. Helps Manage Anemia: Rich in iron, improves red blood cell count.
6. Supports Heart Health: Helps regulate blood pressure and reduce cholesterol.
7. Promotes Skin Health: Antioxidants in the fruit help improve skin health.
8. Boosts Immunity: High in vitamin C and antioxidants that strengthen the immune system.
9. Reduces Inflammation: Used in traditional medicine for anti-inflammatory purposes.
10. Relieves Menstrual Cramps: Used in some cultures to alleviate menstrual pain.