

Botanical Name - Morus macroura
Common Name - White mulberry



Uses

1. Edible fruit: Consumed fresh, dried, or in jams and desserts.
2. Herbal tea: Leaves brewed for a nutritious tea.
3. Sericulture: Essential feed for silkworms in silk production.
4. Blood sugar control: Leaves used to manage diabetes.
5. Traditional remedies: Treats sore throats, coughs, and fevers.
6. Antioxidant source: Protects against cellular damage.
7. Lipid management: Reduces cholesterol levels.
8. Weight control: Supports metabolism and fat burning.
9. Cosmetic use: Improves skin tone and reduces signs of aging.
10. Anti-inflammatory: Alleviates arthritis and other inflammations.
11. Digestive health: Relieves constipation and improves gut health.