

***Botanical Name- Phoenix reclinata***

***Common Name - Date palm***



### 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.