

Botanical Name - Psidium guajava

Common Name -Amrood, Guvava



Uses

1. **Rich in Nutrients:** High in vitamin C, fiber, potassium, and folate, supporting overall health.
2. **Boosts Immunity:** High vitamin C content strengthens the immune system.
3. **Aids Digestion:** Contains dietary fiber that helps promote healthy digestion and prevent constipation.
4. **Improves Heart Health:** Potassium and fiber content help regulate blood pressure and cholesterol levels.
5. **Blood Sugar Control:** Guava has a low glycemic index, making it helpful in managing blood sugar levels.
6. **Weight Loss:** Low in calories and high in fiber, making it a good option for weight management.
7. **Skin Health:** Vitamin C and antioxidants in guava help maintain skin elasticity and reduce wrinkles.
8. **Improves Vision:** Contains vitamin A, which is essential for good vision and eye health.