

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.
9. Anti-Cancer Properties: Rich in antioxidants that may help reduce the risk of certain cancers.
10. Reduces Inflammation: Guava's anti-inflammatory properties can help reduce inflammation and pain.