

***Botanical Name- - Malpighia glabra***

***Common Name – Barbados cherry***



### Uses

1. Vitamin C source: Rich in ascorbic acid, used for immunity.

2. Juices: Popular for making refreshing drinks.

3. Desserts: Used in jams, jellies, and sauces.

4. Snacks: Dried or fresh consumption.

5. Cosmetics: Found in skincare products for brightening.

6. Dietary supplements: Vitamin C capsules and powders.

7. Anti-aging: Antioxidants promote skin health 7. Anti-aging: Antioxidants promote skin health.

8. Cold remedies: Natural remedy for colds and flu.

9. Haircare: Strengthens hair and prevents damage.

10. Energy booster: Revitalizes the body.

