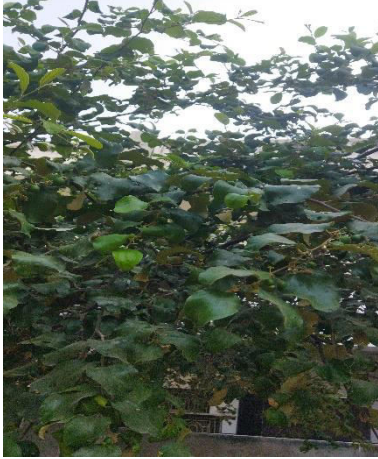


***Botanical name- Ziziphus mauratiana***

***Common name - Ber***



### **Uses**

1. Nutritional Value: Rich in vitamins A and C, fiber, and antioxidants.
2. Boosts Immunity: Strengthens the immune system.
3. Aids Digestion: Helps in relieving constipation and improving gut health.
4. Medicinal Uses: Used in traditional medicine for treating coughs, colds, and inflammation.
5. Anti-aging Properties: Contains compounds that help slow down aging.
6. Blood Purification: Purifies blood and improves circulation.
7. Skin Benefits: Used in skincare products to reduce acne and pigmentation.
8. Weight Management: Low in calories and helps control hunger.
9. Lowers Blood Sugar: Beneficial for managing diabetes.
10. Supports Heart Health: Reduces cholesterol and improves heart function.