



Xango Cape Town



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Health/Beauty

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### ABOUT

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0814722775

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http://hester.iamxango.com/mangosteen

### PHOTOS



### VISITOR POSTS

Mangosteen wellness April 21 at 8:28am



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June 20 at 5:55am

### Benefits of Mangosteen Fruit

- Help to combat pain (anti-inflammatory property which may decrease inflammation, pain and joint damage linked with arthritis, or pain caused by sports workout and minor injuries)
- Decrease free radical damage and inflammatory build up – help to maintain the blood vessel health, cholesterol level, protect heart muscle, lower high blood pressure
- Boost energy without stimulants
- Maintain intestinal health – relieve diarrhea, constipation, stimulate normal bowel health
- Help in skin condition – can be applied on the skin for eczema, fight against bacteria which causes most acne, assist in wound healing
- Help to combat infection – viruses, bacteria, fungi, parasites, fevers
- May decrease blood sugar in Type II diabetes by making insulin more effective
- Help to combat free radical damage that resulting in cell mutations (cancer and tumor growth)
- Protect brain and nerve health – help to combat Parkinson, Alzheimer disease
- Relieve depression and anxiety
- Help in vision health – may prevent protein cross linking associated with glaucoma
- Help to combat allergies (anti-histamine), support immune system
- Help to manage weight – reduce body fat

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