



GUAVA TREE

- **Boosts Immunity:** It is packed with vitamin C, containing 2 - 3 times more than the daily requirement.
- **Digestive Health:** It promotes smooth digestion and keeps gut bacteria healthy.
- **Heart Health:** It contains potassium and antioxidants control blood pressure and reduce bad cholesterol.
- **Weight Management:** It is in Low-calorie and high-fiber guava keeps you full, reducing overeating and supporting weight loss.
- **Regulates Blood Sugar Levels:** It helps improve insulin sensitivity and control sudden sugar spikes, benefiting diabetics.
- **Skin Health:** It contains vitamin C and antioxidants that protect skin from UV damage and promote collagen production.
- **Eyesight:** It contains vitamin A that prevents night blindness and age-related eye disorders.
- **Reduces Stress and Improves Sleep:** It contains magnesium that relaxes muscles and nerves, reducing stress and promoting good sleep.
- **Improves Brain Function:** It contains vitamins B6 and B3 that improve blood circulation and enhancing focus and memory.