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### Mangosteen

#### Mangosteen (Fruits)

Mainly found in South-East Asia. Thailand, Indonesia, Malaysia and the Philippines.

#### **Phytoconstituents:**

Carbohydrates, Dietary fiber, Fat, Protein, Vitamins- Thiamine (B1), Riboflavin(B2), Niacin (B3), Pantothenic acid (B5), Vitamin B6, Folate (B9), Vitamin C. Minerals-Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc.

#### Medicinal Use :

Treat skin infections, wounds, dysentery, urinary tract infections, and gastrointestinal complaint.





### Macaroot



#### Macaroot (Root)

Peru, in the high Andes of Bolivia, and to a small extent also in Brazil.

#### **Phytoconstituents**:

Carbohydrates, Protein, Dietary fiber, and Fats. Maca contains polysaccharides. Maca contains Glucotropaeolin, M-methoxy Glucotropaeolin, Benzyl Glucosinolates, Polyphenols, Carboline-3- Carboxylic acid, and P-Methoxy benzyl Isothiocyanate. Alkamides are present in Maca.

#### Medicinal Use :

Increasing libido, Reducing erectile dysfunction, Boosting energy and endurance, Increasing fertility, Improving mood, Reducing blood pressure, Reducing Sun damage, Fighting free radicals.





### Siberian Ginseng

#### Siberian Ginseng (Root)

All Ginseng produced in South Korea is Korean ginseng, while Ginseng produced Siberia called Siberian Ginseng.

#### Phytoconstituents :

Ginseng contains anti-oxidants, minerals, and vitamins with various pharmacological components, including a series of Tetracyclic triterpenoidsaponins (Ginsenosides), Polyacetylenes, Polyphenolic compounds and Acidic polysaccharides.

#### Medicinal Use :

High blood pressure, Low blood pressure, Kidney disease, Alzheimer's disease, Attention deficithyperactivity disorder (ADHD), Chronic fatigue syndrome, Diabetes, Fibromyalgia, Rheumatoid arthritis, Flu, Colds, Insomnia, Chronic bronchitis, and Tuberculosis. Relieve menstrual disorders and Menopausal symptoms. It is also used for treating the side effects of cancer chemotherapy.

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### Elderberry



#### **Elderberry (Berry)**

This tree is native to Europe though it is widely grown in many other parts of the world as well.

#### **Phytoconstituents**:

Energy 305 kJ (73 kcal), Carbohydrates, Dietary fiber, Protein, Vitamins Vitamin A, Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic acid (B5), Vitamin B6, Folate (B9), Vitamin C. Minerals - Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc.

#### Medicinal Use :

Cold and Flu Symptoms, chronic disease, reduce inflammation and oxidative tissue damage, Helps fight cancer, Fights harmful bacteria, support the immune system, antidepressant properties, protect against UV radiation.

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### Raspberry

#### **Raspberry (Berry)**

Major producers are Russia, Mexico, Serbia, the United States and Poland.

#### **Phytoconstituents:**

Energy 220 kJ (53 kcal), Carbohydrates, Dietary fiber, Fat, Protein, Vitamins-Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic acid (B5), Vitamin B6, Folate (B9), Choline, Vitamin C, Vitamin E, Vitamin K. Minerals - Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc.

#### Medicinal Use :

Alzheimer's disease, Cancer, Heart disease, Parkinson's disease, Weight control, Arthritis, Urinary tract infections, Hypertension.







### Blackcurrant

#### **Blackcurrant (Cherry)**

Eastern Europe, Scotland, New Zealand, and Poland.

#### **Phytoconstituents**:

Energy 264 kJ (63 kcal), Carbohydrates, Fat, Protein, Vitamins Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic Acid (B5), Vitamin B6, Vitamin C, Vitamin E, Minerals- Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc.

Medicinal Use :

Antimicrobial anti-inflammatory antiviral antitoxic antiseptic anticancer.

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### Sour Cherry

#### Sour cherry (Cherry)

Turkey, Russia, Poland, Ukraine, Iran, Serbia, Hungary, United States, Uzbekistan, Azerbaijan.

#### **Phytoconstituents**:

Anthocyanin presence in sour cherries - more than any other fruit, One hundred grams of cherry juice concentrate contains 12,800 ORAC. Gallic acid, p coumaric acid, kaempferol, and quercetin are other compounds in sour cherries.

#### Medicinal Use :

Osteoarthritis, muscle pain, fibromyalgia, muscle soreness after exercise Diabetes, High blood pressure, Gout, and insomnia. It is also used to improve exercise performance, increase urine production, and help digestion.

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### Ganoderma Lucidium



#### Ganoderma Lucidium (Mushroom)

Chin, Japan, Korea, Thai.

#### **Phytoconstituents**:

Protein, Fat, Carbohydrate, Fiber, Ash, and some Vitamins and Minerals, with Potassium, Calcium, Phosphorus, Magnesium, Selenium, Iron, Zinc, and Copper.

Medicinal Use :

Cancer, Diabetes Mellitus, Liver and Gastric Injury.

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### Sigru

#### Sigru (Leaf)

Sigru is found in sub-Himalayan tracts of North West India.

#### **Phytoconstituents**:

Carbohydrate, Protein, Vitamins, Beta-Carotene, Ascorbic acid, Amino acids and various phenolics. It is also contains Zeatin, quercetin, Beta-Sitosterol, Caffeoylquinic Acid and Kaempferol.

#### Medicinal Use :

Diabetes, urinary disorders, , kidney stones, fluid retention, heart problems, high blood pressure, cough, cold, asthma, Anaemia, arthritis, joint pain (rheumatism), cancer, liver disease, and respiratory, skin, Abdominal tumor, digestive disorders, constipation, diarrhea, epilepsy, stomach pain, stomach and intestinal ulcers, intestinal spasms, headache, thyroid disorders, bacterial, fungal, viral, and parasitic infections. Sigru is also used to reduce swelling, increase sex drive (as an aphrodisiac), prevent pregnancy, boost the immune system, and increase breast milk production.

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### Amla



Found in India, Pakistan, Uzbekistan, Sri Lanka, Southeast Asia,

#### **Phytoconstituents**:

It's a rich source of vitamin C, Phenols, dietary fibre and antioxidants. Vitamin E, Vitamin A, Iron, Calcium

Medicinal Use :

Improve Kidney, liver, and heart health, enhance immune function and hair growth, and promote digestive health. Amla helps to improve and preserve the eyesight.





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#### Curcumin (Root)

Generally found in India, South Asia.

#### **Phytoconstituents:**

It has various essential vitamins and minerals like Beta carotene, Ascorbic acid (Vitamin C), pyridoxine (Vitamin B6), niacin (Vitamin B3), calcium, flavonoids, fibre, iron, potassium and zinc. Experts convey that turmeric can be used as an immunity booster.

#### Medicinal Use :

Metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness,

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### **Milk Thistle**



Milk thistle is found throughout the eastern United States, California, South America, Africa, Australia, and Asia.

#### **Phytoconstituents**:

Essential minerals like potassium, calcium, phosphorus, and chloride. Silymarin (between 65-80%)

#### Medicinal Use :

People have used Milk Thistle for Liver disorders and Gallbladder problems. Milk Thistle is promoted as a dietary supplement for Hepatitis, Cirrhosis, Jaundice, Diabetes, Indigestion.





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### Gymnema

#### Gymnema (Leaf)

The plant is native to central and western India, tropical Africa and Australia.

#### **Phytoconstituents:**

Gymnema leaves are rich sources of minerals like Calcium, Iron, Magnesium, Manganese and Zinc

#### Medicinal Use :

Gymnema is used for Diabetes, Metabolic syndrome, Weight loss, and Cough. It is also used for Malaria and as a Snake bite antidote, Digestive stimulant, Laxative, Appetite suppressant, and Diuretic.

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### Noni



#### Noni (Fruit)

Polynesia, India, the Caribbean, Central and northern South America

#### **Phytoconstituents**:

It's a great source of Biotin and Folate. Magnesium, Iron, Potassium, Selenium, Zinc, Copper, Sulfur, Ascorbic acid (Vitamin C).

#### Medicinal Use :

Diabetes, High blood pressure, Aches, pains, Burns, Arthritis, Inflammation, Tumors, the effects of Aging, and Parasitic, viral and bacterial infections.







#### **ARJUNA**

#### Arjuna (Bark)

India, Pakistan, Srilanka, Bangladesh, Malaysia and Indonesia.

#### **Phytoconstituents :**

Triterpenoids, Flavonoids, Calcium, Magnesium, Zinc, Copper & Amino acids

**Medicinal Uses :** 

Heart diseases, chest pain, asthma, high cholesterol, high blood pressure, obesity & athletic performances.

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#### **PUNARNAVA**

#### Punarnava (Herb)

Asia, Africa, North America, Carribean Islands, South America & South Pacific Islands.

#### **Phytoconstituents :**

Alkaloids, Flavonoids, Saponins, Carbohydrates, Proteins, Phenols, Steroids, Tannins, Triterpenoids, Lipids, Lignins, Glycoproteins, Punarnavine, Purine nucleosides, Rotenoids, Xanthones, and Ecdysteroids.

#### **Medicinal Uses :**

Uric acid, Liver Disorder, Obesity, Rheumatoid Arthritis and any type of Internal Infections.





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## Thank You



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