

Guava



Health Benefits of Guava Juice



Immunity Booster

Guavas are one of the richest sources of vitamin C, containing up to 4 times the vitamin C content present in oranges. Vitamin C helps improve immunity and protects you against common infections and pathogens.



Treats Constipation

One of the richest sources of dietary fibre in comparison to other fruits and just 1 guava fulfils about 12% of your daily recommended intake of fibre, which makes it extremely beneficial for your digestive health. Guava seeds, if ingested whole or chewed, serve as excellent laxatives too, helping the formation of healthy bowel movements



Improves Eyesight

Due to the presence of Vitamin A, guava is well known as a booster for vision health. It help slow down the appearance of cataracts and macular degeneration.



Good For Your Brain

Guavas contain vitamin B3 and vitamin B6, also known as niacin and pyridoxine respectively, which help in improving blood circulation to the brain, stimulating and relaxing the nerves

