

Mangosteen Documented Health Benefits



The Mangosteen, if scientific research is any indication, is perhaps the most important fruit on earth.

The potent effects on human health of the Mangosteen have been observed for centuries in Southeast Asia.

As a powerful anti-inflammatory and anti-oxidant, Mangosteen has a wide range of health benefits, well **documented in reliable sources.**

SOURCES:

U.S. National Library of Medicine

Beneficial properties of Mangosteen and Xanthones have been studied worldwide for over 40 years, and **scientifically documented in over 1500 publicly accessible research papers.** Abstracts can be searched at the U.S. National Library of Medicine.

Summaries of 31 important Mangosteen research studies

http://www.mangosteelinks.com/docs/Mangosteen_Research_Summaries_2.pdf

U.S. National Library of Medicine <http://www.pubmed.gov> - search "xanthones"

U.S. National Genetic Resources Program (NGRP)

"It is the NGRP's responsibility to: acquire, characterize, preserve, document, and distribute to scientists, germplasm of all lifeforms important for food and agricultural production."

Dr. James Duke is perhaps America's foremost ethnobotanist. He worked for the USDA and University of Maryland, is a prolific writer, and created the phytochemical and ethnobotanical database at the US government's National Genetic Resources Program.

Mangosteen is listed with over **200 separate benefits** in Dr. James Duke's **Phytochemical and Ethnobotanical Database.**

http://sun.ars-grin.gov:8080/npgspub/xsql/duke/pl_act.xsql?taxon=1228

The list below contains 34 of the most important benefits.

More information: www.mangosteelinks.com

To try it for yourself contact the person who gave you this.

The major documented health benefits of Mangosteen:

18 PROVEN BENEFITS OF XANTHONES YOU CAN FEEL

1. **Anti-fatigue**
2. **Anti-obesity**
3. **Anti-depression**
4. **Anti-anxiety**
5. **Anti-inflammatory** (cox-2 inhibitor; like Vioxx & Celebrex but without side effects)
6. **Anti-pain** (analgesic; eg: headache, dental pain)
7. **Anti-allergenic**
8. **Anti-arthritis**
9. **Anti-Alzheimer's**
10. **Anti--periodontic** (gum disease)
11. **Anti-seborrheaic** (skin disease)
12. **Anti-pyretic** (anti-fever)
13. **Anti-Parkinsonism**
14. **Anti-diarrhea**
15. **Anti-neuralgia** (nerve pain)
16. **Anti-vertigo** (dizziness)
17. **Anti-glaucoma**
18. **Anti-ulcer** (eg: stomach, mouth, bowel)

14 MORE BENEFITS ... WHETHER OR NOT YOU "FEEL" THEM

19. **Cardioprotective** (protects the heart)
20. **Anti-oxidant** (can be measured)
21. **Anti-cancer** (can be measured)
22. **Anti-aging** (can be measured)
23. **Anti-hypertension** (helps lower blood pressure) (can be measured)
24. **Anti-hypoglycemia** (anti-diabetic effect, helps balance blood sugar) (can be measured)
25. **Anti-immune-system-depression** (can be measured)
26. **Anti-blood fat** (lowers LDL bad cholesterol) (can be measured)
27. **Anti-atherosclerosis** (blood vessel and heart disease) (can be measured)
28. **Anti-osteoporosis** (helps prevent the loss of bone mass) (can be measured)
29. **Anti-viral** (including HIV) (can be measured)
30. **Anti-bacterial** (can be measured)
31. **Anti-fungal** (can be measured)
32. **Anti-kidney stones** (can be measured)
33. **Anti-cataracts** (can be measured)
34. **Pan-systemic** (has a synergistic effect on the whole body)

From: Dr. James Duke's Phytochemical and Ethnobotanical Database
U.S. National Genetic Resources Program

Disclaimer: No medical claim of any kind is made about any particular product.
Dietary supplements are not a substitute for treatment by your licensed medical professional.