

75 Reasons to Use Mangosteen Daily



M4A- Advancing Nature's Formula

WHOLE BODY HEALTH.

1. **Reduces menstrual swelling.** The anti-inflammatory properties of mangosteen may counteract this bothersome side effect of PMS.
2. **Reduces pain from fibromyalgia.** Mangosteen exhibits a neurological pain-reducing effect.
3. **Reduces pain from osteoporosis.** Mangosteen's neurological pain-reducing effect can offer relief from osteoporosis.

CHILDREN'S HEALTH

4. **Helps relieve asthma.** Mangosteen's anti-viral, antibacterial & antifungal effect can reduce the frequency of lung infections & other pulmonary diseases.
5. **May prevent ADHD & food allergies.** Studies have found a strong connection between hyperactive behavior & food allergies. Mangosteen stops antigen/antibody reactions & reduces the body's allergic reactions. It may also help reduce lead in children's bodies which is linked to ADHD.
6. **Builds stronger teeth and bones.** Mangosteen aids in the efficient conversion of sunlight to vitamin D.

FIGHT DISEASE

7. **Prevents gum disease.** The antibacterial effect helps prevent gum disease.
8. **Combat tuberculosis.** Xanthones can overpower the bacteria responsible for causing TB.
9. **Reduces lactose intolerance side effects.** Mangosteen's anti-inflammatory ability can reduce side effects, such as bloating & abdominal cramps.
10. **Helps prevent dysentery.** Effectively fights Shigella, the bacterium that causes bacillary dysentery & the amoeba that causes amoebic dysentery..
11. **Helps prevent multiple sclerosis (MS).** Balances levels of tryptophan, serotonin and melatonin & prevents oxidative damage.
12. **May thwart cancer.** Xanthones have demonstrated anti-tumor properties in leukemia, liver, stomach & lung cancer, breast cancer & colon neoplasms.

13. **Relieves Ankylosing Spondylitis (AS).** Anti-inflammatory properties can relieve the cause of holes in the mucosal membrane, strengthening the body's defenses.
14. **Helps prevent cystic fibrosis (CF) infections.** Mangosteen's antioxidant & anti-microbial abilities may prevent excess mucus found in CF.
15. **Prevent lupus-related symptoms.** Anti-inflammatory & autoimmune strengthening qualities can help lupus symptoms.
16. **Counteracts Myasthenia Gravis.** Counteracts the symptoms of this autoimmune disease by strengthening the immune system
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- 33.**Strengthen the immune system.** The flavonoids & flavones boost other antioxidants, including vitamins C & E, to a more protective level.
- 34.**Combats inflammation.** Helps prevent tissue swelling which can lead to many debilitating diseases & conditions.
- 35.**Improves cell communication.** The xanthenes in mangosteen improve the body's cell to cell communication to fight disease from attacking & spreading. It also speeds up healing & repair.
- 36.**Thwarts DNA damage.** Xanthenes have been shown to thwart DNA damage, lowering risks from carcinogens & mutagens.
- 37.**Aids the lymphatic system.** Helps the lymphatic system eliminate cell waste.
- 38.**Keeps thyroid functioning optimally.** Mangosteen's energy boosting ability helps overcome low thyroid conditions.
- 39.**Reduces insulin resistance.** Xanthenes can help normalize blood sugar levels.
- 40.**Helps lower body fat.** Balances cortisol which can stimulate fat deposits in various parts of the body.
- 41.**Heals nerve damage.** The anti-neuralgic & anti-inflammatory properties help repair cellular damage that causes neurological pain & discomfort, including diabetic neuropathy.
- 42.**Balances the endocrine system.** Favorably affects the balance of hormones & other neurochemicals produced by the endocrine system.
- 43.**Aids body synergy.** Mangosteen's disease microbial-fighting abilities & immune system-strengthening qualities empower the entire body.
- 44.**Reduces hemorrhoids.** Alleviates the pain & swelling caused by inflammation.
- 45.**Helps alleviate hypoglycemia.** Counters fatigue brought on by low blood-sugar levels.
- 46.**Relieves psoriasis.** Xanthenes can help detoxify the liver, which can cause psoriasis.
- 47.**Helps heal lesions.** Promotes rapid healing of topical wounds.
- 48.**Reduces pain of carpal tunnel syndrome.** Stops hand and wrist pain by reducing inflammation.
- 49.**Relieves neurodermatitis.** Mangosteen's anti-inflammatory properties counteract this scaly & itching skin disorder.

HEART HEALTH

- 50.**Helps prevent heart disease.** Xanthenes neutralize free radical damage which may play a role in the inflammatory process.
- 51.**Strengthens blood vessels.** Improves the flow of nutrients to the body's cells.
- 52.**Lowers LDL cholesterol.** Since mangosteen inhibits free radical damage, it may help reduce LDL oxidation in the blood.
- 53.**Reduces high blood pressure.** Mangosteen's ability to strengthen heart muscles & help you lose weight may lead to lower blood pressure.
- 54.**Helps prevent arteriosclerosis.** Mangosteen's anti-inflammatory effect may reduce plaque buildup in artery walls.

DIGESTIVE HEALTH

- 55.**Helps overcome acid reflux disease (GERD).** Mangosteen's antioxidants may help protect & repair the lower esophagus damaged by gastroesophageal reflux disease (GERD). Its acid-suppression effects may reduce stomach content acidity.

- 56. **Helps heal ulcers.** Xanthenes kill bad bacteria, fungi & parasites, including H-pylori, the ulcer-causing bacteria.
- 57. **Helps lessen migraines.** Mangosteen can potentially correct abnormal serotonin functions in blood vessels that lead to migraines.
- 58. **Relieves toothache pain.** Anti-inflammatory effect can help relieve this pain.
- 59. **Acts as a natural sleep aid.** Helps balance hormones, which aids in balancing the sleep cycle.
- 60. **Improves ability to deal with stress.** Helps balance hormones like cortisol, which is overproduced during stress.
- 61. **Improves mood & reduces depression.** Acts as a "mood elevator" by correcting brain chemical imbalances.
- 62. **Aids muscles and joint health.** Pain can be reduced by the anti-inflammatory properties of mangosteen.
- 63. **Helps clear acne & skin blemishes.** The detoxifying & anti-inflammatory properties of mangosteen can prevent & clear up skin problems.
- 64. **Treats bug bites, burns & poisonous plant contact.** When made into a paste, the anti-bacterial & anti-inflammatory properties can relieve pain & swelling.
- 65. **Relieves sprained & strained muscles & ligaments.** Mangosteen can be massaged onto skin for topical relief.
- 66. **Relieves stomach aches.** Anti-bacterial and anti-inflammatory properties relieve stomachs caused by bacterial infections.
- 67. **Relieves bronchitis, emphysema & pneumonia.** Mangosteen's anti-viral, anti-bacterial & anti-fungal effect can reduce the frequency of lung infections & other pulmonary diseases.
- 68. **Works as a decongestant.** Mangosteen's anti-inflammatory properties help as a decongestant.

MEN'S HEALTH

- 69. **Helps prevent male infertility.** Mangosteen's anti-inflammatory & anti-oxidant strengths can counter infertility due to stress, pollution & free radical-related factors.
- 70. **Helps prevent prostate enlargement.** The antioxidant punch of mangosteen's xanthenes may be a powerful weapon in the fight against an enlarged prostate.

WOMEN'S HEALTH

- 71. **Relieves urinary difficulties.** The rind from mangosteen can relieve cystitis (inflammation of the bladder), caused by a bacterial infection.
- 72. **Offers a gentle laxative effect.** Unlike harsh laxatives that irritate the bowel, it heals and unblocks areas of bowel restriction.
- 73. **Minimizes PMS.** Reduces symptoms of moodiness & inflammation.
- 74. **Relieves menopause symptoms.** Removes stress from the body & helps maintain adequate levels of estrogen, thus slowing the effects of menopause.

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