

Guava

Health Benefits

A science-backed visual guide to fruit and leaf nutrition

SKIN, EYES & AGING

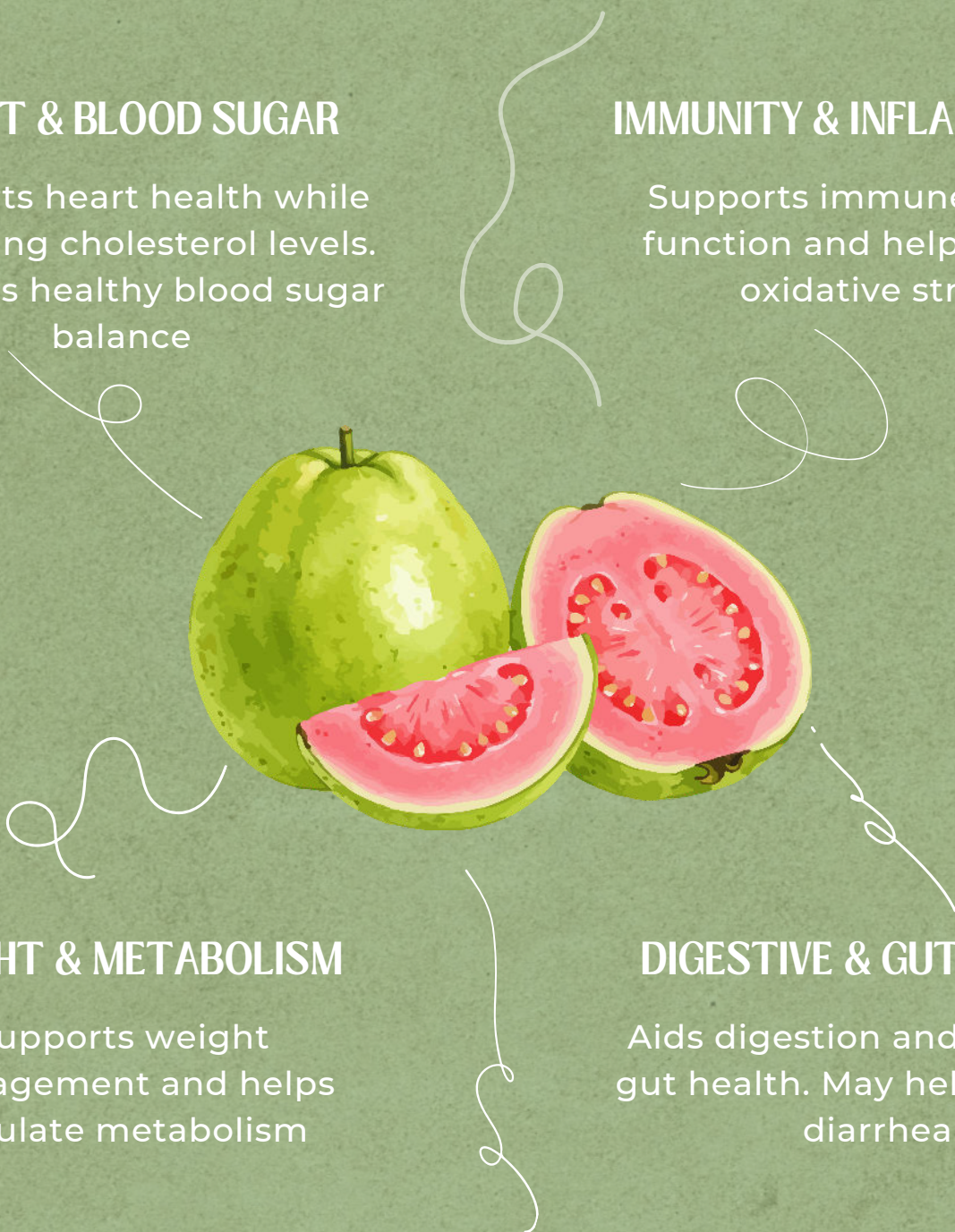
Promotes skin health and supports collagen production.
Helps maintain eye health

HEART & BLOOD SUGAR

Supports heart health while managing cholesterol levels.
Supports healthy blood sugar balance

IMMUNITY & INFLAMMATION

Supports immune system function and helps reduce oxidative stress



WEIGHT & METABOLISM

Supports weight management and helps regulate metabolism

DIGESTIVE & GUT HEALTH

Aids digestion and supports gut health. May help manage diarrhea

CELLULAR PROTECTION

May support cancer protection. Shows antimicrobial properties



Why guava leaves are used?

Guava leaves contain polyphenols and bioactive compounds studied for metabolic and antimicrobial support.

Guava leaf tea may interact with some medications. Consult a professional if unsure.