

# Guava Health Benefits

A science-backed visual guide to fruit and leaf nutrition

## SKIN, EYES & AGING

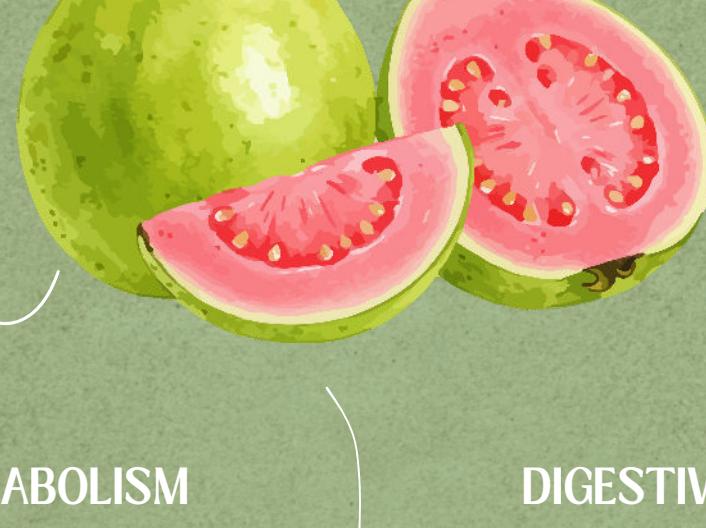
Promotes skin health and supports collagen production.  
Helps maintain eye health

## 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.