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Beauty Superfruits: Mangosteen



Internal Benefits:

Provides Antioxidant Power The entire fruit, especially the rind, is chock-full of xanthenes—potent antioxidants that help neutralize free radicals with antimicrobial, antihistamine and anti-inflammatory properties. **“The juice can be a huge asset in the battle against cancer and other diseases caused by free-radical damage,” says nutritionist Franci Cohen.**

Promotes Healthy Bodily Function Mangosteen is believed to help maintain intestinal health, support the immune system and joint function, and promote a healthy respiratory system. “Some claim that mangosteen juice can help treat menstrual problems, diarrhea and urinary infections as well,” adds Simpson.

Supports Weight Management Fresh mangosteen provides a source of B-complex vitamins such as thiamin, niacin and folates, which help the body metabolize carbohydrates, protein and fats for proper weight management. **“It has also been proven to reduce inflammatory markers in the blood of obese individuals with systemic inflammation,” says Cohen.**

Encourages Healthy Circulation The fruit contains high amounts of minerals like copper, manganese and magnesium, which promote red blood cells and improve blood flow by dilating blood vessels and controlling blood pressure.

Topical Benefits:

Helps Manage Acne Praised for its anti-inflammatory and antibacterial actions, the fruit's rind, or pericarp, has been made into juice form to help treat existing acne and the progression of additional breakouts.

Reduces Visible Signs of Aging The oil extract from the rind allows the fruit's superpotent xanthones to penetrate the skin and reduce puffiness, smooth the surface and reduce the appearance of fine lines and wrinkles.

Soothes Inflammatory Conditions "Applied topically, mangosteen has been known to soothe and calm the inflammation and irritation associated with skin disorders such as eczema, psoriasis and rashes," says Simpson.

Fights Periodontitis **"Scientists have been studying the fruit as a possible weapon against the gum disease known as periodontitis by having patients apply a mangosteen juice-infused gel to their gums," says Cohen.**