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**BENEFITS OF  
GUAVA LEAVES**



**1. DECREASE CHOLESTEROL**  
Guava leaves are also found to be effective in controlling cholesterol levels of the body, thus preventing many health problems.

**2. WEIGHT LOSS**  
Guava leaves have proven beneficial for ones looking at losing ounces of weight.

**3. TREAT DIARRHEA**  
Guava leaves contain tannin and other essential oils that inhibit the bacterial growth and cure diarrhea.



**4. PREVENT TYPE 2 DIABETES**  
The hypoglycemic effect of catechin present in guava leaves helps in maintaining blood glucose levels.

**5. PREVENT CANCER**  
The presence of antioxidant quercetin, lycopene and Vitamin C in guava leaves induce apoptosis - i.e. self-killing of the cancerous cells.

**6. REDUCE ARTHRITIC PAIN**  
The presence of quercetin in guava leaves reduces the pain and is effective in reducing infection too.

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