

GRAVIOLA

Graviola has been used all around the world as a remedy for several common ailments. Indigenous people would use the plant to help support immune function when ill, to reduce stress and promote relaxation as a remedy for insomnia.*

The fruit, juice, leaf, bark and root of the Graviola plant are variously used as native remedies and a general feeling of well being. Modern research has identified annonaceous acetogenins substances in Graviola. These bioactive phytochemicals may strengthen the body's immune function. The chemotherapeutic potential of Graviola is under study.*

HEALTH BENEFITS:

- Immune System Support
- Antioxidants



BITTER MELON

Bitter Melon, also known as Bitter Gourd, is known throughout much of the world for its sharp, acidic taste. Some would say that eating this plant can be quite difficult. However, many ancient cultures have used Bitter Melon for its great nutrition and medicinal properties.

While the Bitter Melon is mostly used to alleviate stomach and other GI issues, it's also known to help regulate blood sugar. Though research is ongoing, there is evidence to suggest that some active ingredients in Bitter Melon act like insulin in the body.*



HEALTH BENEFITS:

- Packed with vitamins and minerals
- Antioxidants
- Supports immune function*
- Supports healthy blood sugar levels*

* These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



[VGWELLNESS.COM/MY/](https://vgwellness.com/my/)