

# BENEFITS OF THORN MELON



## 1. Rich in antioxidants

Thorn melon contains antioxidants that protect muscles and nerves by neutralizing harmful free radicals that can cause oxidative stress and cellular damage.

Thorn melon is a source of dietary iron, an essential nutrient that the human body cannot produce on its own.

## Helps prevent iron deficiency anemia

## 3. Protects your heart

Thorn melon is rich in magnesium, a mineral that plays a multiple roles in cardiovascular health.

Thorn melon contains two crucial minerals, zinc and manganese, which have been increasingly recognized for their potential impact on mental health.

## 4. Helps with depression

## 5. Improves digestion

Thorn melon has dietary fiber, which helps add bulk to the stool, promoting regular bowel movements and preventing constipation.

Thorn melon is a valuable source of zinc, a mineral that has been linked to eye health, particularly in the prevention of age-related macular degeneration (AMD)

## 6. Protects your vision

## 7. Strengthening bone health

The magnesium content in thorn melon is essential for the proper metabolism of calcium, the primary mineral component of bones.

Thorn melon is rich in vitamin C, a nutrient that plays a multifaceted role in skin health. Vitamin C is essential for the synthesis of collagen, a protein that provides structure and elasticity to the skin.

## 8. Enhances skin health