

## Health Benefits of Papaya

Papaya is a rich nutrient loaded fruit that helps to prevent various deficiencies in the human body and supports the general health of the body.



### Nutritional value of papaya:

Papayas are rich sources of antioxidant nutrients such as carotenes, vitamin A, vitamin C, vitamin B, vitamin D, flavonoids, folate and pantothenic acid and various minerals like potassium, copper, magnesium and fiber. It contains papain (Protelolytic Enzyme).

Papaya contains variety of phytochemicals including carotenoids and polyphenols. All these nutrition present in papaya makes it a **best herbal supplements** for human body.

### Benefits of Papaya:

Revitalize the human body maintaining energy and vitality

Improving eye health and protecting vision

Prevent cataract formation

Encouraged renewal of muscle tissue

Supports the **cardiovascular system**

Acts as Immunity booster

Cleanses the blood and supports platelet function

Helps the digestive system

Treat skin wounds that don't heal quickly

Lower the risk of emphysema (a lung condition that causes shortness of breathe) in smokers

Alleviate inflammation

Help with nausea and improve constipation  
It regulates menstruation in women  
Helps to maintain blood sugar level and cholesterol because of the high fiber content  
Promotes hair growth  
Papaya leaf extract are effective in treating [dengue](#).

#### How papaya supports human health:

[Papaya capsules](#) provides numerous benefits to human body. Papaya has beta-carotene which is a precursor of vitamin A. We need vitamin A for normal growth and development, healthy skin, mucus membranes, building strong immune system and proper eye health and vision.

The high amount of vitamin C in papaya and lycopene content improves heart health and may reduce the risk of heart disease. The carotenoids in papaya supports eye health, immune system and skin health. These carotenoids can reduce the inflammation also. The powerful antioxidant effects of papaya can reduce cancer risk. It also helps skin to recover from sun damage and may defend against wrinkling.

Papaya plays major role in digestion. Papaya contains an enzyme called as papain which aids digestion. Papain is a proteolytic enzyme that digests protein. It is also rich in fiber and water content, which help to improve constipation.

Papaya leaf extract helps to treat dengue fever. The blood platelet counts are severely decreased by the dengue fever. Papaya's leaf extract increases the platelet counts. Also it has anti-malarial properties.

#### HerbaNutrin - About Us:

HerbaNutrin's **neutraceutical products** serve as the **best quality herbal supplements**. We are certified neutraceutical suppliers in USA. We offer various **natural health supplements** for general health, bones and joints, women's health and insomnia. Our **organic herbal supplements** can be purchased online. **Buy herbs online** with HerbaNutrin.

## Papaya Capsules:



HerbaNutrin's **papaya leaf extract tablets** are the best supplement for overall human body health and development. The **papaya capsules** are rich source of various vitamins and antioxidants. It treats gastro intestinal disorders and infections. A bottle costs \$8.00. In addition this **papaya capsules** when bought as package saves dollars. 2 bottle costs \$14.00, 3 bottle costs \$18.00 and 6 bottle costs \$28.02. Also when 6 bottles are bought together HerbaNutrin provides free shipping.

### Recommended Intake:

**Papaya capsules** being a common health medicine, can be consumed by both genders above 12 years of age. You can intake 1 caps 3 to 4 times a day in the morning/afternoon/evening/night before food.

**Papaya leaf extract tablets** has significant effects and supports for general health.

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