WATERMELON HEALTH BENEFITS

RICH SOURCE OF ANTIOXIDENTS
Contains an antioxidant called Lycopene that prevents inflammation, ulcers, arthritis, and colonic cancer.

GOOD FOR THE HEART
Presence of antioxidants in ample quantities helps prevent onset of heart diseases.

HELPS REDUCE STRESS/HYPERTENSION
Contains ample quantities of Potassium and Magnesium, which helps prevent conditions like hypertension.

GOOD FOR EYES
Presence of carotenoids ensures good eye health.

HELPsWith HYDRATION
Made up of 92% water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration.

HELPS WITH WEIGHT LOSS
Rich in Vitamin C, which is used by the body to metabolize and burn fat.

GOOD FOR YOUR DIGESTIVE SYSTEM
Watermelon, because of its water and fiber content, helps to prevent constipation and promote regularity for a healthy digestive tract.

IMPROVES METABOLISM
Rich Source of Vitamin B6 and B11 that assist in energy production and improve metabolism.

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Facts provided by Aneisha Andrus,
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