

The Supreme Queen Of Fruits: Mangosteen

Although the word "mangosteen" may sound a little foreign when first heard, or even made-up, it is said to offer many health benefits. This fruit is high in antioxidants and has been used in many applications including beverages, lotions, teas, pills, powders, supplements, extracts, and more. It is commonly referred to as the "Queen of Fruits" in native areas. Even though mangosteen shares the name "mango" with another fruit, is not related at all and is, in fact, in a category of its own.

The mangosteen fruit is purplish-red on the exterior and rind, while the inside is white. Most people are familiar with the white part of the fruit, as it is used for nourishment. Although the place of origin of mangosteen is somewhat unknown, speculation usually focuses on Sunda Islands, Malaysia, Thailand, or Burma. The mangosteen plant can only be found growing commonly in a handful of places in the world, which includes certain places in the Philippines. Most of these places do not provide successful growth, making these plants extremely rare and hard to cultivate. The fleshy segments of the plant are eaten as a dessert, while the rind is extremely rich in pectin. The fruit's pericarp, which includes the rind and pulp, contains a huge supply of xanthones. These xanthones are a powerful family of antioxidants that help with minor muscle pain, immune system support, and intestinal health.

In previous years, mangosteen has been used for a variety of different applications. It can be ground into an ointment which can be used on eczema and other skin disorders. The rind has also been used as a remedy for diarrhea. Additionally, extracts of the bark of the tree have been shown to help with dysentery and urinary disorders. Most of its health benefits have been shown to be in the actual rind of the fruit instead of the fruit's fleshy pulp.

Today, mangosteen is mostly used for its antioxidant support, while its ancient anecdotal benefits are supported by many scientific reviews found in alternative medicine products. Mangosteen based supplements are usually formulated so that they may provide better bioavailability and absorption of the xanthones, which often deactivate free radicals before they are able to wreak havoc on the body, keeping it out of harm's way. Mangosteen can also be used in face creams or in conjunction with other fruit juices, such as noni and the lychee fruit, in order to produce maximum antioxidant power to boost health.

These mangosteen juices or supplements are special because they are concentrated or standardized with the beneficial nutrient xanthones from the plant. Additionally, the xanthones can also provide anti-inflammatory benefits. They can do this even without the negative side effects that are usually seen in conventional medications. As of right now, there are no known side effects that can occur while taking it in supplement form or eating Mangosteen fruit as it exists in nature. There are also no records of historical warnings that have occurred after years of traditional use. Even though all of mangosteen's benefits have not yet been found, ongoing research is currently being conducted to find all of its health promoting properties.

About the Author

More information on [Mangosteen Fruit](http://vitanetonline.com/) Extract is available at VitaNet® LLC Health Food Store. [Http://vitanetonline.com/](http://vitanetonline.com/)

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