

Hibiscus sabdariffa L., or commonly known as Roselle or hibiscus, is a member of the Malvaceae family

***Hibiscus Sabdariffa L.* (common name *Roselle*) is a medicinal plant in the Malvaceae family that originated in Egypt**



Benefits :

- soothes cold
- opens blocked nose
- clears up mucous
- promotes proper kidney functions
- helps digestion
- general tonic
- diuretic
- helps reduce fever
- good skin complexion



Medicinal Uses :

In India, Africa and Mexico, all above-ground parts of the Roselle plant are valued in native medicine. The leaves or calyces are regarded as **diuretic, cholorectic, febrifugal and hypotensive**, which decreasing the viscosity of the blood and stimulating intestinal peristalsis.

RoselleBenefits

- Contains many types of amino acid which is very important to our body
- Contains many important nutrients to our body such as protein, carbohydrate, iron, calcium & fibre)
- As a medicine for cough, fever & migraine.
- Help reducing body fat
- Help reducing cholesterol, high blood pressure (stabilizing blood pressure) & diabetes (to reduce the sugar content in the blood)
- Smoothen monthly menstruation (for female).
- Help replacing your body ' electrolyte ' water after sport and good to increasing your stamina.



Roselle - Rich with Vitamin C

What does Vitamin C do ?

- Vitamin C is an antioxidant and can protect your body from free radicals which may cause heart disease and cancer.
- Vitamin C helps your immune system & helps you heal from scrapes & bruises.
- Vitamin C also keep your gum healthy. People with lack of Vitamin C often develop swollen gums known as scurvy.
- Vitamin C is an essential nutrient to maintain our metabolism.
- Vitamin C provides good skin complexion & brighten up your skin.



Roselle Juice.....Uniqueness!!!

- Produced from Roselle plant
- Calyx of Roselle is rich with various nutrients especially vitamins, minerals & antioxidants.

Vitamins found in Roselle :

- i. Vitamin B1 (Thiamine)
- ii. Vitamin B2 (Riboflavin)
- iii. Vitamin B3 (Niacin)
- iv. Vitamin C (Ascorbic acid)



Roselle Juice which is rich in Vitamin C makes a wonderful remedy to fight off colds & strengthen the immune system besides promotes healthy complexion.

Roselle contains high level of antioxidants such as flavanoids which are good for our heart and body. Antioxidants helps to mantain the body's good health.

