





honey - they are the excellent cough medicine, which reduces coughing for a person. And it can also treat or heal wounds.




apple - apple helps you to have a whiter and a healthier teeth. And it also help to protect against Alzheimer.




orange - it is rich in vitamin c, which helps to protect bleeding gum, and a glass of orange juice is more protective than vitamin c alone.



mango - mango helps to fight cancer. And it is a cleanser of skin. It also help to alkalized the body.



lychae - lichos protect you from free radicals and strengthen the immunity in the body.



pineapple - pineapple helps to strengthen bones and improve the eye health. Also it helps to ease digestion.



banana - banana can overcome depression. It also improves your vision and help in digestion and weight loss.



lemongrass - it helps in detoxification, cleansing and washing the toxic waste out from the body.




lemon tea - it helps in controlling the sugar level in blood. And it is a strong limonoids.




coconut - it helps to prevent obesity. It contains high amount of dietary fiber which helps to improves digestion.



aloe vera - aloe vera is high in amino acid and fatty acid. It is also good in adaptogen, which helps body to adapt and prevent illness.



papaya - it is one of the highest vitamin c containing fruit. It also help to control bowel movement.



apricot - due to high amount of potassium and sodium in apricot, it helps to control the fluid level and metabolism.



cocktail - it helps in fighting cancer, improves vision and is also good for heart and bones as well.



lemon - lemon contains zero fats or cholesterol, but are good source of dietary fiber. Lemon is one the very low glycemic fruit.



green tea - it help to prevent heart disease. And it also lower the risk of type 2 diabetes.




mint - for many women, it help in breast feeding. It also help to relieve asthma patient.



passion fruit - it is a good source of vitamin c, vitamin a, it contains a good amount of dietary fiber which helps in digestion.



pomegranate - regular consumption of pomegranate has been found to be effective against prostate cancer, benign prostatic hyperplasia.



tamarind - the sticky pulp of tamarind is a rich source of dietary fiber such as gum.



lemon green tea - it has a weight loss benefits, as it has the potential to help burn fat and provides a boost to metabolism.




melon - it contain very low fat, which help in weight control and help digestion.



watermelon - rich in electrolyte and water content, melons are nature's gift to beat tropical summer.



coconut milk - A major part of the fats found in coconut milk is lauric acid, which has been found to exhibit antibacterial, antifungal and antiviral properties.



strawberry - it contain vitamin a, vitamin e, and health promoting flavonoid which fight against various disease.



peach - peach contains many nutrient such as vitamin, fiber, potassium which are the fighting agent of many disease.



blueberry - it contains very low calories. Fresh berry contains small amount of vitamin c, together they work as anti-oxidant which help limit free radical mediated injuries to the body.



mangosteen - it contains a very good amount of copper, magnesium, and potassium. These all minerals help to protect body against disease.

Fruit drinks mixture

1. Coconut- it is very rich in calories, vitamin and mineral. It is also a very good source in B-complex vitamins.
2. Basil seed- it helps in digestion. They are also good for skin relief. It can aids in digestion and relief constipation. it also helps to satisfy the hunger of food.
3. Coconut jelly It helps to regulate digestion and elimination and assists in weight loss.
4. Aloe Vera- aloe vera helps to boost immune system that fight against viruses. Also it help to reduce inflammation.



Game
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