HEALTH & FITNESS

5 Science-Backed Health Benefits of Mango Leaves

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Mango is a sweet and tropical fruit of the mango tree and it's one of the most popular fruits in the world. However, the leaves of the trees are also edible and offer wonderful health benefits!

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The young green mango leaves are tender so they're often cooked and consumed in some cultures. Since the leaves are rich in nutrients, they're also used for the preparation of supplements and tea.

The leaves of Mangifera indica, a species of mango, are used in Ayurvedic and traditional Chinese medicine for their healing properties for thousands of years. Below, check out five science-proven benefits of mango leaves.

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The 5 Science-Backed Health Advantages of Mango Leaves

1. **Anti-inflammatory characteristics**

A lot of the health benefits of mango leaves are from mangiferin's anti-inflammatory characteristics.

According to animal studies, the anti-inflammatory properties of mango leaves may keep the brain safe from conditions like Alzheimer's or Parkinson's.

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In one study, mango leaf extract was administered to mice at 2 mg per their body weight and it helped them fight off oxidative and inflammatory biomarkers in the brain.

2. **May contribute to the fight against diabetes**

Mango leaves may be of aid in the management of diabetes thanks to their influence on fat metabolism. Increased levels of triglycerides are often linked with type 2 diabetes and insulin resistance.

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In one study, mango leaves were given to mice and after a period of two weeks, they experienced a reduction in their triglycerides and blood sugar levels.

Moreover, in another study, mango leaf extract and diabetes drug glibenclamide were compared in mice with diabetes.

The ones given the extract had much lower levels of blood sugar than the mice that were given the diabetes drug.

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3. **Anticancerous properties**

Several reviews show that mangiferin in mango leaves may have anticancer properties since it fights off oxidative stress and inflammation.

In test-tube studies, the leaves were found to have an anti-cancerous influence on lung, brain, cervix, and prostate cancers and leukemia.

But, these are all preliminary results and mango leaves aren't a treatment for cancer.

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4. **Healthier skin**

The extract of mango leaves may lower the symptoms of skin aging thanks to the antioxidants it contains.

In one study done with lab mice, mango extract administered orally at 45 mg per pound of weight boosted the production of collagen and reduced the length of wrinkles.

But, this wasn't a mango leaf extract; it was a general mango extract. Mango leaf extract, according to a test-tube study, was found to exhibit antibacterial influence against a bacterium associated with staph infections.

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Mangiferin has also been researched for helping alleviate psoriasis, a skin condition that results in dry and itchy patches.

5. **Abundant in beneficial compounds**

Mango leaves have several plant compounds that are beneficial, including terpenoids and polyphenols. Terpenoids are linked with better vision and strong immunity.

They have antioxidant power and keep the cells safe from free radicals. What's more, polyphenols possess anti-inflammatory and antioxidant characteristics.

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According to some research, polyphenols better the gut bacteria and help avert or treat health issues such as heart illness, diabetes, cancer, and obesity.

Moreover, mangiferin, a polyphenol in mango and mango leaves, has been tested as an anti-microbial agent and a treatment for tumors, heart illness, and diabetes.

Sources:

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