

Graviola, also known as Soursop, is widely used by many indigenous cultures for a variety of physical ailments. Many parts of the ~~tree~~ ^{fruit} of

Health Benefits

Soursop fruit contains a high level of carbohydrates and fructose, which is a natural sugar. Significant levels of vitamins B1, B2 and C are also found in Soursop. In areas native to the Graviola, the fruit, leaves and seeds serve a variety of medicinal purposes for the people in these regions.

Pulverized Graviola seeds are used as skin astringents, to kill off bedbugs and head lice and to