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# **Secrets of the Natural Health Benefits of Xanthones from Mangosteen Fruit**

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**Discover How a New Class of Natural Nutrients  
Contained in the Mangosteen Fruit Can  
Benefit Your Health & Well-Being**



**"Highly recommended" reading if  
you care for the health of yourself,  
family, relatives, and friends!**

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**Welcome to this special free report on the secrets of the natural health benefits of xanthonenes contained in the exotic, highly prized mangosteen fruit.**

**For MUCH more information** about the natural health benefits of xanthonenes from the mangosteen fruit, along with links to independent research and reports, visit [ResearchMangosteen.com](http://ResearchMangosteen.com)

If you are currently a mangosteen product distributor, you can **subscribe to your very own AD-FREE version of the popular ResearchMangosteen.com web site** by visiting [Mangosteen-Info-Sites.here.ws](http://Mangosteen-Info-Sites.here.ws)

**Please Feel Free to share this report with everyone you know who may also enjoy and benefit from this valuable information!**

**NOTE:** This information is for educational purposes and does not endorse or promote any specific commercial product or company. It is merely a report sharing resources and info about mangosteen fruit and Xanthonenes. Mangosteen is a fruit. The xanthonenes from the mangosteen have been shown in laboratory studies to be powerful antioxidants, anti-inflammatories, and to have other special properties. However, laboratory results do not guarantee that the same will happen in the human body. Mangosteen is a supplement and not a drug; therefore, no one can say that the mangosteen will cure, treat, or prevent any specific condition or symptom. The United States government, however, has determined and stated that increasing the amount of plant-based foods and supplements in our diet improves our health and decreases the incidence of chronic disease. Nothing in this report is meant to guarantee or imply that you will receive any benefit from the consumption of mangosteen.

Look at the available science on the mangosteen and then answer for yourself - Does mangosteen make sense for you? Most importantly, if you have a health challenge, be sure to always discuss it with a trained medical practitioner.

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## What Are Xanthenes?



### **Xanthenes: Powerful Phytonutrients Which Are Abundantly Available in the Mangosteen Fruit**

With the accumulated knowledge of ancient Asian medicine, which was passed on to European explorers and settlers, it's no wonder that so much modern research has been conducted on the mangosteen and its beneficial properties.

An enormous amount of modern study and research has been channeled toward unlocking the secrets of this remarkable fruit. In fact, scientists have actually identified the major compounds found in the mangosteen that are responsible for its healthful characteristics.

### **Free Radicals & Antioxidants**

These days, everybody knows about free radicals and antioxidants.

Free radicals attack the cells in our bodies every second of every day, and antioxidants work to repair the damage.

Much has been made of the extensive antioxidant properties of vitamins, especially Vitamin C and Vitamin E. But did you know that there exists an antioxidant that is even more powerful than any vitamin?

This powerful, life-enhancing substance is called xanthone. In fact, there is a whole family of xanthenes, and the most dynamic of these are found in the amazing whole fruit mangosteen.

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While most people know about the antioxidant benefits of Vitamins C and E, far fewer are aware of the incredibly potent antioxidant power of xanthenes.

Xanthenes are natural chemical substances that have recently won high praise from numerous scientists and researchers. Xanthenes have been studied for their medicinal potential, since they demonstrate a number of pharmaceutical properties.

## **The Research on Xanthenes from Mangosteen**

Xanthenes have been the subject of intense research for several decades. They are found in a select number of rain forest plants, but nowhere are they found in more abundance than in the pericarp, or rind, of the mangosteen fruit. This smooth, purple covering that was ground with ancient mortars and used to heal infection turns out to be the MOTHERLODE of beneficial xanthenes.

The two most beneficial Xanthenes found in the Mangosteen have been named Alpha Mangostin and Gamma Mangostin. When isolated and thoroughly tested by researchers, these two xanthenes have been found to carry a host of benefits.

According to *professional journals such as Free Radical Research, Journal of Pharmacology, and the Indian Journal of Experimental Biology*, these xanthenes have a remarkable effect on cardiovascular health; are naturally antibiotic, antiviral, and anti-inflammatory; and are some of the most powerful antioxidants to be found in nature.

The best type of mangosteen product is a formulation featuring organic mangosteen WHOLE FRUIT PUREE, utilizing ALL the xanthone-laden components of the fruit.

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# Free Radicals & Antioxidants – Get SUPER Protection with Xanthenes



## **SUPER Antioxidant Protection**

Dr. Bruce Ames, one of the world's foremost free radical experts, estimates that the DNA in each one of the trillions of cells in your body receives 10,000 hits a day by free radicals. This is the type of damage that leads to mutations. No wonder cancer is increasing!

Dr. Ralph Golan, M.D. states,

**"Determining what substances provide the most optimal antioxidant capabilities and making those nutrients available to the public must be first and foremost in our quest for health and disease prevention."**

Free radicals are unstable atoms that are short the number of electrons they need to be stable. We might say that they are hungry for more electrons.

In order to satisfy this hunger, they raid the cells in your body and cause irreparable damage in the process.

## **Antioxidants Protect Against Free Radicals**

Where do free radicals come from?

They are in every breath you take, every glass of water you drink, and every bite of food you eat. They abound in cigarette smoke, and other air, water, and food pollutants.

They are even created by our food preparation (for example, by grilling fatty meat).

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They are produced by infection, inflammation and, believe it or not, exercise.

Well, it looks like we can't avoid them, so....

How can we protect ourselves?

**Antioxidants to the rescue!** An antioxidant is an atom or molecule with extra electrons it can donate to inactivate or "mop up" free radicals.

The body's immune system produces homemade antioxidants and some vitamins such as E and C are also powerful antioxidants. However, there are other antioxidants that are even more potent than vitamins. These are found in various plants such as the mangosteen.

## **Research on the Mangosteen Fruit has Uncovered a New Class of Antioxidants Called "Xanthones"**

To date, the mangosteen fruit is the NUMBER ONE SOURCE and apparently the ONLY source where many of these xanthones have been discovered.

### **Now Here is the Really BIG News:**

The mangosteen, while definitely containing the most powerful natural antioxidants yet discovered, contains a host of other benefits that in some ways are even more exciting.

Probably the one property found in the mangosteen fruit that gives more immediate relief than any other property is its natural **anti-inflammatory** property.

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Dr. Kenneth J. Finsand has this to say:

**"This is probably the most famous use of all the qualities found in the mangosteen: it is by far the most powerful anti-inflammatory I have ever seen in 30 years of practice. Research has proven this to be true, along with folk medicine history."**

### **Do you realize what this means?**

Inflammation plays a huge role in an incredible array of the ailments we suffer from:

- Arthritis
- Back Pain
- Heart Attack
- Headache
- Multiple Sclerosis
- Circulatory Impairment
- Any Kind of Infections

Of course there are the other properties that are equally exciting:

- Anti-bacterial
- Anti-fungal
- Anti-viral
- Anti-depressant

And so many more!

### **What an Incredible Healing Package!**



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# Why Do Healthy People Drink Mangosteen Juice?



## **Mangosteens are Packed with Beneficial Xanthenes, a New Class of Powerful Phytonutrients**

Xanthenes are found in the most quantities in the mangosteen hull (or pericarp) and can help you to STAY healthy by boosting your immune system.

According to professional journals such as *Free Radical Research*, *Journal of Pharmacology*, and the *Indian Journal of Experimental Biology*, these xanthenes...are some of the most powerful antioxidants to be found in nature.

While it's true that most young people are healthy -- and thankfully so -- no matter how old you are, you're being exposed to free radicals by the millions each day.

**"It has been estimated that each human cell undergoes ten thousand hits from free radicals each day... causing damage to cell proteins, DNA, fat lipids, and membranes through oxidation. This results in the generation of dysfunctional molecules responsible for conditions as diverse as cancers, lung disease, dementia, cardio vascular disease and eye diseases."**

~ **The Wellness Options, Lillian Chan**

It's far easier to **address serious health challenges BEFORE they begin** -- with prevention -- than after they've already taken hold in your body.

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Wouldn't it make logical sense for a healthy person -- of any age -- to begin drinking mangosteen right away, in order to give the strong antioxidants within the fruit a chance to help PRESERVE their healthy well-being as much as possible?

**"...the stage is set...to enhance the likelihood of older persons not only to avoid disease and disability, but to truly age successfully."**

**~ Dr. John Rove**

### **PREVENTION: Mangosteen Can Be A Key!**

- The medical properties of the mangosteen are well-documented by empirical laboratory, scientific, medical, and experiential methods.
- The mangosteen fruit is not system-specific, but pan-systemic - in other words, good for the WHOLE body.
- Over 40 different xanthenes have been found in the mangosteen, which are chemically beneficial molecules, each having specific leading properties.
- These health promoting xanthenes help the body in so many ways - healthy foods help us age more successfully.
- These free radical scavenger/fighters stop pain, reduce swelling and inflammation, and help in the body's healing process.
- The "strong" antioxidants strengthen cell walls.
- They kill bacteria, viruses, and fungus.

- 
- They stop the attack in DNA and even have restorative properties.
  - They help the body run as a complete, interrelated, and integrated system.
  - They help the mind think better, adapt better, and give a sense of well-being (anti-depressant).
  - They stop the damage of brain cells so they grow and divide properly and help the cell walls and the neuro transmitters function properly.
  - They aid with Alzheimers, and all forms of memory loss.
  - They help in the battle against degenerative diseases like cancer, heart disease, diabetes, arthritis, and all forms of brain malfunctions.
  - They help the VISION process: cataracts, macular degeneration, glaucoma, and other forms of vision loss may be prevented.

**"By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age."**

**~ Lester Packer, Ph.D., *The Antioxidant Miracle***

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# Mangosteen Documented Health Benefits



## Findings from Independent Scientific Studies on Health Benefits of Mangosteen

- 1.** Anti-fatigue (energy booster)
- 2.** Powerful anti-inflammatory (prevents inflammation)
- 3.** Analgesic (prevents pain)
- 4.** Anti-ulcer (stomach, mouth and bowel ulcers)
- 5.** Anti-depressant (low to moderate)
- 6.** Anxyolytic (anti-anxiety effect)
- 7.** Anti-Alzheimerian (helps prevent dementia)
- 8.** Anti-tumor and cancer prevention (multiple categories cited)... shown to be capable of killing cancer cells
- 9.** Immunomodulator (multiple categories cited) - helps the immune system
- 10.** Anti-aging
- 11.** Anti-oxidant
- 12.** Anti-viral
- 13.** Anti-biotic (modulates bacterial infections)
- 14.** Anti-fungal (prevents fungal infections)
- 15.** Anti-seborrheaic (prevents skin disorders)

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16. Anti-lipidemic (blood fat lowering, LDL)
  17. Anti-atherosclerotic (prevents hardening of arteries)
  18. Cardioprotective (protects the heart)
  19. Hypotensive (blood pressure lowering)
  20. Hypoglycemic (anti-diabetic effect, helps lower blood sugar)
  21. Anti-obesity (helps with weight loss)
  22. Anti-arthritis (prevention of arthritis)
  23. Anti-osteoporosis (helps prevent the loss of bone mass)
  24. Anti-periodontic (prevents gum disease)
  25. Anti-allergenic (prevents allergic reaction)
  26. Anti-calculitic (prevents kidney stones)
  27. Anti-pyretic (fever lowering)
  28. Anti-Parkinson
  29. Anti-diarrheal
  30. Anti-neuralgic (reduces nerve pain)
  31. Anti-vertigo (prevents dizziness)
  32. Anti-glaucomic (prevents glaucoma)
  33. Anti-cataract (prevents cataracts)
  34. Pansystemic - has a synergistic effect on the whole body.
  35. DELICIOUS, totally unique, sweet/tangy taste... KIDS love it, too!

**QUESTION: If you COULD take a FOOD to help with all of the above, WHY WOULDN'T you?**

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# See the Mangosteen and Xanthones Research for Yourself at PubMed.gov



**[Click Here](#)** to search the database of reports at PubMed.gov

**THEN, follow these instructions:**

**Put the following terms into the Search box at PubMed.gov**

and SEE THE EXPLOSION of independent, impartial, 3rd-party INFORMATION!!!

**NOTE to Health Professionals:**

You can use the same search terms, below, in the MedLine database (if you have access) for additional detailed reports.

# of Reports as of  
**February 11, 2005**

Compare how the CURRENT numbers of results have grown.

**Xanthone & Mangosteen Search Terms:**

- |       |                        |
|-------|------------------------|
| 1,105 | 1) xanthones (plural)  |
| 306   | 2) xanthone (singular) |
| 21    | 3) mangosteen          |
| 30    | 4) mangostin           |
| 4     | 5) garcinone           |
| 35    | 6) Garcinia Mangostana |

ALSO found in Mangosteen: catechins and proanthocyanidins

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**NOW, just for an interesting contrast, put the following terms into the Search box at PubMed.gov:**

**# of Reports as of  
February 11, 2005**

Compare how the CURRENT numbers of results have grown.

**OTHER Search Terms:**

|     |  |
|-----|--|
| 665 | 1a) aloe *   |
| 528 | 1b) aloe vera *                                      |
| 60  | 2a) noni   |
| 68  | 2b) Morinda citrifolia<br>(scientific name for Noni) |
| 28  | 3a) acai<br>(main ingredient in MonaVie)             |
| 3   | 3b) Euterpe Oleracea<br>(scientific name for acai)   |
| 49  | 4a) goji<br>(main ingredient in Goji Juice)          |
| 55  | 4b) Lycium Barbarum<br>(scientific name for goji)    |

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# Read the TIME Magazine Article on INFLAMMATION

In the February 24th, 2004 issue of *TIME Magazine*, the feature article is all about **INFLAMMATION!**

[\*\*Click Here to Read the TIME Article\*\*](#)

They have discovered that inflammation is critical to many diseases, which they did not know before.

The research has become saturated with data on inflammation and how critical it is to many diseases... things like **sickle cell anemia ... MS, Lupus, and other autoimmune diseases ... Parkinsons ... Alzheimers ... CANCER ... heart attacks ... DIABETES ... arthritis ...** even such simple things as **dental hygiene** and the consequences of irritation in your mouth...



**The study done with Mangosteen and inflammation compared it to the strongest anti-inflammatory drug available** (a drug used to treat Gout and which is so dangerous they can only prescribe it for SHORT-term use) and the **Mangosteen was JUST AS POWERFUL WITHOUT NEGATIVE CONSEQUENCES!!!**

**No wonder we're seeing so many conditions respond to the Mangosteen.**

**"Inflammation is probably the background and driving force behind all major age-related diseases."**

~ **Claudio Franceschi**

Scientific Director, Italian National Research Center on Aging (INRCA)



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# Mangosteen: A Powerful Anti-Inflammatory



## Mangosteen & Xanthones are Powerful Against Inflammation

### Powerful Anti-Inflammatory Action Without ANY Negative Side Effects

Definitely one of the most powerful natural antioxidants yet discovered, the Mangosteen also contains other benefits that are even more exciting in some ways. Its anti-inflammatory xanthones may be responsible for providing more immediate relief than any other phytonutrients found in the fruit.

**Dr. Kenneth J. Finsand** has this to say:

"This is probably the most famous use of all the qualities found in the mangosteen: **it is by far the most powerful anti-inflammatory I have ever seen in 30 years of practice.** Research has proven this to be true, along with folk medicine history."

Also, the anti-inflammatory properties of mangosteen have been compared in strength to one of the most potent anti-inflammatory prescription drugs, Dexamethasone.

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Just look at this list of possible adverse side effects (according to the "Physicians' Desk Reference") from Dexamethasone:

- upset stomach
- stomach irritation
- vomiting
- headache
- dizziness
- insomnia
- restlessness
- depression
- anxiety
- acne
- increased hair growth
- easy bruising
- irregular or absent menstrual periods

If you experience any of the following symptoms when using prescriptions, call your doctor immediately:

- skin rash
- edema (swollen face, lower legs, or ankles)
- vision problems
- persistent cold or infection
- muscle weakness
- black or bloody stool

## **Mangosteen has NONE of the Above Side Effects!**

### **Do you realize what this means?**

Inflammation plays a huge role in an incredible array of common ailments:

- Arthritis
- Back pain

- 
- Heart attack
  - Headache
  - Multiple Sclerosis
  - Circulatory Impairment
  - any kind of infection
  - and many more

While **inflammation** can affect all tissues in the body, it is the **primary mechanism underpinning diseases** that attack muscles, joints and connective tissue.

## **Inflammation is the PRIMARY cause of PAIN!**

### **What are the qualities of an ideal health supplement?**

- Effective, it works!
- Safe, **no adverse side affects**
- Prevention
- Has broad applications

Take a closer look and you will find that the mangosteen measures up in ALL categories.

## **How Safe is Mangosteen?**

Toxicity studies were done in the laboratory with rats, using the human equivalent of 3 liters of mangosteen juice per day, with no adverse behavioral or tissue effects noted.

Also, there are no historical records of any folk medicine warnings after centuries of medicinal use of the plant in Southeast Asia.

It is always recommended that you **consult your physician**, if you have a known medical condition or allergy before using any food supplement. Mangosteen is safe for use by children and adults under almost any condition.

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# Mangosteen & Xanthonenes Frequently Asked Questions (FAQ's)

## What is Mangosteen?

The mangosteen (*Garcinia Mangostana*) is a tropical fruit considered to be one of the finest tasting fruits in the world and has earned the popular title "the Queen of Fruit." The mangosteen tree is found predominantly in Southeast Asia in countries like Cambodia, China, Indonesia, Malaysia, Singapore, Taiwan and Thailand.

The fruit itself consists of the following segments:

**Pericarp** (sometimes spelled **Pericarb**): A thick dark purple, smooth rind that encloses the fruit segments.

**Pulp**: 4 to 8 triangular segments of snow-white, soft flesh. Known for its excellent flavor, the mangosteen is proclaimed by many to be the best among tropical fruits.

## What are Xanthonenes?

Xanthonenes are a class of plant derived nutrients or "phytonutrients." They have been demonstrated in numerous scientific studies to hold tremendous nutritional value. Found to exhibit strong antioxidant activity xanthonenes disarm free radicals in the body and enhance and support your body's immune system. Although xanthonenes exist in small amounts throughout nature, it is found in concentrated amounts in the Pericarp of the mangosteen fruit.

There are over 40 known forms of xanthonenes naturally occurring in the Pericarp, the two most widely studied are Alpha Mangostin and Gamma Mangostin.

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## **If Xanthonenes from Mangosteen are so powerful, why haven't I heard about them?**

The people of Southeast Asia are very familiar with the prized mangosteen fruit and Asian Health Practitioners have long made use of Pericarp for a myriad of nutritional uses. The mangosteen fruit, however, has never been introduced to the Western world and much of the science behind xanthonenes is predominantly available to those in the medical community until recently. Many of the clinical studies on xanthonenes have been done in universities and testing facilities throughout Asia and have recently started to catch the attention of Western researchers.

## **What is the most potent source of Xanthonenes?**

According to the research, the most concentrated source of xanthonenes found in nature is in the Pericarp (rind) of the mangosteen fruit. The majority of clinical studies on xanthonenes specify that the xanthonenes used were from the mangosteen Pericarp.

## **Does the world need another phytonutrient?**

Absolutely! The science of nutritional supplements is still very young. New studies are constantly being released leading us to better solutions to today's health concerns. More and more science continues to surface about xanthonenes and their incredible benefits to the human body and their ability to support a wide variety of health concerns.

Every industry from automobiles to computers constantly creates better ways to improve upon their products. Xanthonenes represent the very latest that nutritional science has to offer. Much more than a great antioxidant, xanthonenes are a class of multi-functional phytonutrients poised to raise the bar in the nutritional arena! At our company, we've not only launched a category creator, we are the next generation of supplementation.

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## What are some of the studied benefits of Xanthones?

Studies have demonstrated that xanthones have the ability to offer support in the following areas:

Cholesterol concerns **(1, 2)**

Inflammation / pain response / Cox 2 inhibition **(3)**

Skin conditions **(4)**

Microbiological balance **(5)**

Allergy support **(6)**

Immune system support **(7)**

**(1)** Free Radic Res 2000 Nov;33(5):643-59. Inhibition of lipoprotein oxidation by prenylated xanthones derived from mangostin. Mahabusarakam W, Proudfoot J, Taylor W, Croft K. Chemistry Department, Prince of Songkla University, Hat Yai, Thailand.

**(2)** Williams P, Ongsakul M, Proudfoot J, Croft K, Beilin L. 1994. Mangostin inhibits the oxidative modification of human low density lipoprotein. Free Rad Res. 23:175-184.

**(3)** Biochem Pharmacol 2002 Jan 1;63(1):73-9. Inhibition of cyclooxygenase and prostaglandin E2 synthesis by gamma-mangostin, a xanthone derivative in mangosteen, in C6 rat glioma cells. Nakatani K, Nakahata N, Arakawa T, Yasuda H, Ohizumi Y. Department of Pharmaceutical Molecular Biology, Graduate School of Pharmaceutical Sciences, Tohoku University, Aoba, Aramaki, Aoba-ku, 980-8578, Sendai, Japan.

**(4)** Farnsworth N. 1992. Thai Medicinal Plants. Bangkok, Thailand: Medicinal Plant Information Center, Faculty of Pharmacy, Mahidol University.

**(5)** Planta Med 1983 May;48(1):59-60. Antimicrobial activities of Garcinia mangostana.

Sundaram BM, Gopalakrishnan C, Subramanian S, Shankaranarayanan D, Kameswaran L.

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**(6)** Inhibitions of histamine release and prostaglandin E2 synthesis by mangosteen, a Thai medicinal plant.

Nakatani K, Atsumi M, Arakawa T, Oosawa K, Shimura S, Nakahata N, Ohizumi Y. o Department of Pharmaceutical Molecular Biology, Graduate School of Pharmaceutical Sciences, Tohoku University, Sendai, Japan.

**(7)** J Med Assoc Thai 1997 Sep;80 Suppl 1:S149-54. Immunopharmacological activity of polysaccharide from the pericarb of mangosteen garcinia: phagocytic intracellular killing activities. Chanarat P, Chanarat N, Fujihara M, Nagumo T.

Department of Clinical Microscopy, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand.

**(8)** Peres V, Nagem T, Faustino de Oliveira F. 2000. Tetraoxygenated naturally occurring xanthenes. Phytochemistry. 55:683-710

## **I eat a balanced diet. Am I getting Xanthenes from my food?**

No. The xanthone family of phytonutrients can be found in trace amounts in certain fruits and vegetables; however, the pericarp of the mangosteen is the premier source where these nutrients are found in concentrated amounts. Most scientific studies actually name the mangosteen pericarp as the quintessential source of xanthenes.

## **What makes xanthenes from mangosteen so special?**

What is amazing is that the Mangosteen (which, by the way, has no connection with the mango), has never been utilized for its multiple health benefits in North America or Europe despite its history and popularity as a folk remedy in Asia and South America. Until recently, it has been one of Nature's best-kept secrets.

For centuries the traditional medical healers of India, China, Malaysia, Thailand the Philippines and Vietnam have employed Mangosteen for its health benefits. In the last 150 years the plant has been transported to Africa, the Caribbean, Australia and South America

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where both researchers and medical practitioners alike have studied and utilized its healing and protective properties.

## **What is meant by "whole fruit puree" ?**

The mangosteen fruit pulp is delicious and by itself holds some nutritional value, however, the pericarp and the seeds are the main source of a phytonutrient known as xanthones. The highest quality mangosteen juice products must utilize the whole fruit puree, where they have milled the entire fruit-pulp, seeds and pericarp together -- thus capturing the full abundance of nutritional support.

This is essential because xanthones are quickly being recognized as the newest superstar of the phytochemical world and only a whole fruit process will produce a dietary supplement to feature this powerful component!

## **Are there any commercial items featuring Mangosteen?**

Beware of products that use mangosteen only as a flavor or only include the pulp (and not the pericarp). As aforementioned, the mangosteen fruit pulp is delicious and there may be a few commercial items that feature the mangosteen fruit pulp or flavor, but only the whole fruit goodness of the mangosteen — pericarp, pulp and seeds — will provide the full nutritional and healing value of mangosteen.

Occasionally gift companies will ship frozen mangosteen in for use in exotic gift baskets. These companies charge a premium price for the fruit. It is rumored that the famous Harrods department store in England brought mangosteen in and charged the equivalent of several US dollars for each piece of fruit.



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## **Xanthoness & Mangosteen Resources**

**Discover MUCH more information about the natural health benefits of xanthoness from the mangosteen fruit, along with MANY links to independent research and reports, by visiting [ResearchMangosteen.com](http://ResearchMangosteen.com)**

**If you are currently a mangosteen product distributor, you can subscribe a personalized, AD-FREE version of the popular ResearchMangosteen.com web site by visiting [Mangosteen-Info-Sites.here.ws](http://Mangosteen-Info-Sites.here.ws)**

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## **Additional Resources:**

**For additional web sites that may  
be of interest you, visit:**

**[www.Laurie411.info](http://www.Laurie411.info)**

**[www.Resources411.info](http://www.Resources411.info)**