

FRUIT OF THE WEEK

(In our fruit bowl- Try It)



Physalis

TASTE Sweet with a pleasing grape-like tang. Husk is bitter and inedible

Vitamin B3 (24.50%),
Iron (17.50%),
Vitamin (17.11%),
Vitamin B1 (12.83%),
Carbohydrate (12.06%),

HEALTH BENEFITS

Antioxidant benefits, Protecting liver and kidney against fibrosis, Healthy Pregnancy , Relief of Arthritis Pain, Cognitive Ability, Cardiovascular functions, Improves Eyesight