

## Health Benefits

- Helps prevent constipation
- Good source of protein
- Helps prevent and treat tension and nervousness.
- Helps prevent obesity
- Lowers blood pressure
- Anti-cancer
- Anti-hypertensive
- Anti-ageing
- Antioxidant
- Anti-ulcer

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## How to make

*Coffee-like  
drink from*

**JACKFRUIT  
SEEDS**

