

## Health Benefits

- Increased protection from bacterial and viral infections
- Increased immune function
- Reduced cancer risk
- Protection against heart disease
- Alleviation of cardiovascular disease
- Alleviation of hypertension (High Blood Pressure)
- Osteoporosis protection
- Reduced risk of type II diabetes
- Reduced frequency of migraine headaches
- Alleviation of premenstrual syndrome (PMS)
- Antioxidant protection
- Prevention of epileptic seizures
- Prevention of alopecia (Spot Baldness)

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# How to make Jackfruit Marmalade

