

# Benefits of eating Watermelon 🍉

**Watermelon is packed with nutrients and beneficial plant compounds**

## **Watermelon helps with:**

- Hydration
- Moving blood through the body
- Heart health



Watermelon is a flowering plant species of the Cucurbitaceae family and the name of its edible fruit. A scrambling and trailing vine-like plant, it is a highly cultivated fruit worldwide, with more than 1,000 varieties.

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