

## Background on the Mangosteen Fruit

The mangosteen fruit, particularly the rind, or pericarp, has been used in traditional folk medicine for centuries. The mangosteen is unrelated to the mango. It is well known in Asia, where it is often called "The Queen of Fruits", but is unavailable in the United States. Folk medicine has long used the mangosteen peel for a variety of ailments, used differently in different parts of Asia.

Research scientists are now discovering that there is valid science behind the folk medicine traditions and the answer seems to be in the mangosteen's compounds called **xanthones**. There have been 43 xanthones discovered in the fruit thus far (*mostly in the rind*); some unique only to the mangosteen. Xanthones are **potent anti-oxidants**<sup>1</sup> and are used for their anti-toxic benefits; they have been found to have potent **anti-inflammatory**<sup>2</sup>, **anti-bacterial**<sup>3</sup>, **anti-viral**<sup>4</sup>, **anti-tumor**<sup>5</sup> and **anti-fungal**<sup>6</sup> properties; they help with **neurological**<sup>7</sup> and **cardiovascular**<sup>8</sup> disorders and have other healing properties as well. These properties have prompted health professionals to utilize the mangosteen in a variety of conditions, including **pain**<sup>9</sup>, **gastrointestinal problems**<sup>10</sup>, **dermatologic diseases**<sup>11</sup> (including eczema, skin sores and lesions, etc.), **musculoskeletal conditions**<sup>12</sup>, **dental/oral disorders**<sup>13</sup> and much more. **The mangosteen is one of nature's only readily available sources of xanthones known thus far.**

Additionally, mangosteen was used traditionally for its anti-parasitic effects: Malaria, amoebic dysentery and syphilis are caused by parasites. Asian healers have used mangosteen for centuries to deal with those illnesses. In South America, mangosteen is also used to cure intestinal worm infestations. Laboratory research to confirm these practices, however, is not yet available at this time.

The Mangosteen Juice is a patented beverage made from the pulp *and rind* of the **mangosteen** fruit. Although many patients are experiencing and reporting benefits from drinking mangosteen juice, as a supplement it is neither approved nor disapproved by the Food and Drug Administration and thus no specific health claims are allowed to be made for this product.

## Guidelines for Taking Mangosteen Juice

- Your first sampling of Mangosteen Juice should be cold, for improved taste. (Unopened bottles need not be refrigerated). Once opened, the juice needs to be refrigerated.
- Invert the bottle several times, to mix the rind (which has settled at the bottom) completely with the juice. Do this before every dose you pour.
- Although Mangosteen Juice can be taken at any time, it is best absorbed when taken right before a meal.
- Take **One ounce per day**. One ounce = 2 tablespoons, or 1/8 of a cup.
- Because of the half-life, **it is best to spread the recommended dosage throughout the day, rather than take the entire dosage at once.** For example, a one ounce per day intake might be 1/2 ounce with breakfast and 1/2 ounce with lunch or dinner.
- *A lift in energy with the use of the Mangosteen Juice is quite commonly noted. Normalized sleep is often reported as well. If the energy lift interferes with sleep, take most of the dosage earlier, leaving only 1/2 ounce for the after noon or evening.*
- After drinking, make sure none of the rind pieces are left behind. If they are, scoop them out with a spoon or your finger and eat them or pour water into the cup, swirl it to pick up the rind, then drink it.
- The expiration date is posted on the bottom of the Mangosteen Juice bottle.
- There are no known drug-food interactions with the mangosteen.
- No toxic levels of the mangosteen exist. If with heavy metal poisoning or severe toxicity an uncomfortable cleansing reaction occurs, simply decrease to one half ounce per day and gradually introduce your body to the recommended dosage.

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- For skin conditions you may also apply the Mangosteen Juice topically. It is best to invert the bottle several times (as directed above) and separate approximately one or two ounces for topical use. Keep the amount for topical use in a clean, glass jar, also refrigerated. Apply the juice topically with a non-adherent gauze pad. This is better than a cotton swab, which may leave fibers.
  - Mangosteen may stain fabric; therefore place an old towel under the area of your body to receive the topical application.

## References:

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