Benefits of Papaya - The Super Fruit

Papaya's nutritional value is tremendous, making it a super fruit, packed with amazing benefits. In this blog, we'll unveil the benefits of eating papaya and what good it does to your body.
Let's get started!

Breaks Down Complex Proteins

Papaya contains a digestive enzyme called Papain which helps to break down the protein into smaller fragments, mainly called Peptides & Amino Acids. Papaya is extremely for non-vegetarians as it helps to digest and breaks meat's protein.

Fights Diabetes

The **carbs in papaya** act as the arsenal to fight against diabetes. Papaya is rich in fiber and studies suggest that type 1 diabetes patients, who consume rich fiber diets tend to have lower blood glucose levels.

Boosts Immune System

Papaya is loaded with vitamin C which is a great source of boosting the immune system and safeguards your body from various infections.

Protects Heart

Papaya's potassium content helps to keep your arteries healthy and improves blood flow. Papaya helps to reduce cholesterol levels and minimizes the chances of high blood pressure and heart stroke.

2 Slices of Papaya a Day - For Good Health

Include this super fruit in your daily life and witness the change in a week. To start with, take a first step towards great health and include 2 slices of papaya in your daily diet.