

Hibiscus - Japa / *Hibiscus rosa-sinensis*

Part consumed -
Flower

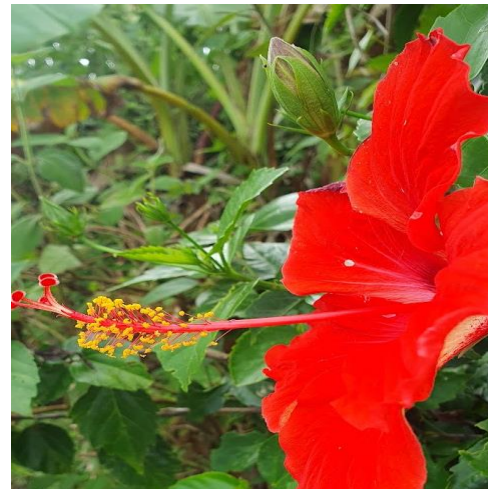
Form consumed -
Dried powder

**Maximum daily
consumption by adults-**

Powder - 5-10 g

Composition

- Calcium
- Phosphorus
- Iron
- Vit B & C



Indications as per Ayurveda

- Leucorrhoea
- Anti- pyrexia
- Anti- inflammatory
- Digestive
- Anorexia

Modern Clinical Studies

- Anti-diabetic