

# Noni / *Morinda citrifolia*

## Part consumed -

Fruits, & Leaves

## Form consumed -

Juice, Dried powder

## Maximum daily

consumption by adults –

Juice 20-50 ml

Powder – 6 g

## Composition

- Lignans
- Oligosaccharides
- Polysaccharides
- Flavonoids
- Iridoids
- Fatty Acids
- Scopoletin
- Catechin
- Vitamins



## Indications as per Ayurveda

- Wormicidal
- Asthma
- Arthritis
- Immunity Boosting

## Modern Clinical Studies

- Anti-Diabetes
- Arthritis
- Skin protecting
- Antibacterial
- Antiviral
- Antifungal
- Anti-cancer
- Wormicidal
- Analgesic
- Anti-hypertensive
- Anti-Inflammatory
- Immunomodulator