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Health Benefits of Jamun Seeds Powder

Jamun, Black Plum, Java, Plum, Malbar Plum, Jambolin or Jambul is claimed to help a lot in controlling blood sugar level because it contains anthocyanins, elagic acid, hydrolysable tannins etc. In fact, research has shown that the fruits and seeds of this plant have hypoglycaemic effects as they help reduce blood and urine sugar rapidly.

The seeds in particular are very effective as it contains glycoside jamboline and alkaloid jamboline that regulate and control blood sugar levels. Indian Black Berry or Jamun is native to India and its neighbouring countries. Ayurvedic and Unani Systems of medicine use the fruit, seeds, bark, leaves etc to treat a variety of health problems. The seeds contain the glucoside jamboline which prevents the conversion of starch into sugar and this benefits controlling of blood sugar levels. They also contain many flavonoids, phenols and are rich in protein and calcium. It is a very good source of carotene, iron, folic acid, calcium, potassium, magnesium and phosphorus.