



What Noni does

For the technically minded, Noni delivers Proxeronine, Scopoletin and Xeronine, believed to accelerate the production and maintenance of healthy body cells and aiding digestion. It is the cellular health-enhancing properties, together with

an ability to boost the immune system, that gave Noni such an unshakable reputation as a general tonic, revered not only for its healing properties, but also as a natural energy booster.

The Polynesians found it most beneficial in the areas of immune system imbalance, as well as respiratory, intestinal and digestive system problems. Noni also appears to be effective in assisting recovery from muscle, bone and tissue injury.

Among the best known 'ancient and modern' ailments that are helped by Noni are:

- ADD/ADHD
- Headaches
- Asthma
- Chronic Fatigue
- Depression
- Energy
- Recovery after Surgery
- Colds and Flu
- Burns
- Back Pain
- Joint Pain
- Arthritis
- High Cholesterol
- High Blood Pressure
- Tendonitis
- Poor Eyesight
- Respiratory Problems



cautions

Pregnant and nursing women, young children and anyone with chronic and serious health problems should check with their doctor.

Noni juice also contains potassium; while this is an important nutrient and is not hazardous (it is found in many fruit juices), it can be harmful for patients with kidney disease who cannot excrete potassium.

summary of main health benefits

Noni has numerous health benefits, but broadly these can be summarised into five main aspects of health and well-being:

- 1. IMMUNE SYSTEM:** Noni supports the system to help fight disease and infection.
- 2. CIRCULATORY SYSTEM, TISSUES, AND CELLS:** Noni juice is a superior antioxidant that may help rid the body of harmful radicals, and increases

energy levels.

- 3. DIGESTIVE SYSTEM:** supports digestion and may help the absorption of more nutrients at the cellular level.
- 4. ANALGESIC:** The Noni tree is also known as 'the pain and headache tree'.
- 5. ADAPTOGEN:** Noni juice helps restore the body's internal organs to normal function.