

# HeHAHa Lifestyle Sdn Bhd

health happiness harmony

Formerly known as Oyoung Lifestyle Sdn Bhd

## Guava Leave Tea



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## Guava Leave Tea

- Guava leave has been used in many different countries, e.g. China, Korea, South Africa, Mexico, India, etc. very long time ago.
- Guava Leaves Tea is beneficial for the following problems :
  - Diabetes
  - Hypertension
  - Cholesterol
  - Anti-diarrhea
  - Anti-inflammation, thus help in arthritis
  - Obesity

## Lower Blood Sugar Level

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- Guava has been used in Chinese medicine to treat **diabetes** for a very long time.
- The leaf of *Psidium guajava* Linn. (family, Myrtaceae) is also used traditionally in African folk medicine to manage, control, and/or treat a plethora of human ailments, including **diabetes mellitus and hypertension**.
- A recent studies by Korea, China, India prove that it could **lower blood sugar**. It is also a natural way to help prevent diabetes.



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## Lower Blood Sugar Level

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- The numerous tannins, polyphenolic compounds, flavonoids, pentacyclic triterpenoids, guajaverin, quercetin, and other chemical compounds present in the plant are speculated to account for the observed hypoglycemic and hypotensive effects of the plant's leaf extract.



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## Control Blood Pressure and Cholesterol Level

- Guava leaves can improve heart health by helping to **control blood pressure and cholesterol**.
- Guava leaves has **antioxidant** properties which is attributed to the **polyphenols** found in the leaves.
- In a recent study with guinea pigs (in 2003) Brazilian researchers reported that guava leaf extracts have numerous effects on the **cardiovascular system** which might be beneficial in treating **irregular heart beat (arrhythmia)**.
- Previous research indicated guava leaf provided **antioxidant** effects beneficial to the **heart, heart protective properties**, and improved **myocardial function**.



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## Control Blood Pressure and Cholesterol Level

- Studies show the **antioxidant properties** in guava leaf raises **good HDL cholesterol**, and it helps **prevent bad LDL cholesterol** from becoming **oxidized** and turning into artery-clogging plaques.
- It also help keep the small **blood vessels springy and healthy**.
- **Soluble fiber softens** and **forms a gel** that **binds cholesterol** and carries it out of the body.



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## Anti-inflammation

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- Extract of Guava leaves also possesses **analgesic and anti-inflammatory properties**
- It is used in the management and/or control of **painful, arthritic and other inflammatory conditions** in some rural communities of Africa



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## Anti-diarrhea

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- In many countries, e.g. China, Brazil, Malaya, Haiti, Mexico, Peru, etc, the leaves of guava are also used for **digestive problems**, particularly **diarrhea**.
- The leaves of guava are rich in flavonoids, in particular, quercetin. Much of guava's therapeutic activity is attributed to these flavonoids.
- The flavonoids have demonstrated antibacterial activity.
- Quercetin is thought to contribute to the anti-diarrhea effect of guava; it is able to relax intestinal smooth muscle and inhibit bowel contractions.



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## Toxicity Studies

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- Toxicity studies with rats and mice, as well as controlled human studies show both the leaf and fruit to be safe and without **side effects**.



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## Guava Leave Tea - Summary

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- Guava leaves tea is one of the most popular health supplement drinks in many countries, e.g. China, India, South Africa, Japan, Korea, Mexico, etc.
- For centuries, oriental herbalists have prescribed guava leaves tea for treating diabetes mellitus.
- A recent study by medical scientists in China, Mexico, Korea, India, etc Japan proves that Guava leaves tea could lower blood sugar level.
- Study also showed that guava leaves tea help to lower blood pressure, decrease general cholesterol levels (high density lipoprotein).



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## Guava Leave Tea - Summary

- It also has heart protective qualities and on weight control & slimming.
- Guava Leaves Tea is beneficial for the following problems :
  - Diabetes
  - Hypertension
  - Cholesterol
  - Uric acid
  - Obesity



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## Why Oyoung Guava Leave Tea?

- 100% Pure Natural Guava Leaves Tea
- No caffeine
- No Side Effect
- No food coloring agent
- Easy to prepare
- A beneficial drink for :
  - diabetes
  - hypertension
  - high cholesterol patients
- Good for weight control & slimming



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