



Pure Sri Lankan Products
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Splendid SEASONS Pvt Ltd

Avocado leaves contain various bioactive compounds that may offer health benefits. Rich in flavonoids, tannins, and phenolic compounds that can help protect cells from damage caused by free radicals. Avocado Leaf Powder stands out for its versatility and the subtle touch of earthiness it brings to both culinary and wellness practices, making it a prized addition for those looking to explore the nutritional heritage of Central America.

The **Splendid SEASONS** Avocado leaves powder help reduce inflammation in the body. Some research indicates potential for lowering blood pressure. Traditionally used in some cultures to aid digestion and relieve gastrointestinal issues.

Avocado leaves Capsules



Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” **Avocado leaves capsules** daily for adults, preferably after a main meal. Avocado leaves capsule is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding,** or have underlying health conditions, should take health care advice before use.

Do not exceed 4 capsules per a day.

Side effects

- gastrointestinal side effects

<https://doi.org/10.54117/ijnfs.v4i1.78>

Capsule Weight:

Gross Weight: 400 ±100 mg

Net Weight : 500 ±100 mg

Avoid use if allergic or sensitive to any listed ingredients.

Calories	370-400 kcal	Fats	10-12%
Fiber	40-45%	Calcium	0.05-0.20%
Magnesium	0.20-0.25%	Potassium	1.2-1.5%
Vitamin C	0.01-0.015%	Iron	Low

Ingredients – Dehydrate avocado leaves powder, gelatin (animal based)

Some of Health benefits in short,

- Cancer-preventing
- Manage the diabetic conditions
- Antioxidant Activities – reduce the oxidative stress
- High in fiber
- Contains compounds beneficial for metabolic

Reference from research articles- **Benefits Paula Jimenez, Paula Garcia, Vilma Quitral, Karla Vasquez, Claudia Parra Ruiz, Marjorie Reyes-Farias, Diego F Garcia-Diaz, Paz Robert, Cristian Encina & Jessica Soto-Covasich Pulp, Leaf, Peel and Seed of Avocado Fruit: A Review of Bioactive Compounds and healthy Castro-López**

1, Israel Bautista-Hernández 1, María D. González-Hernández 2 Polyphenolic Profile and Antioxidant Activity of Leaf Purified Hydroalcoholic Extracts from Seven Mexican Persea americana Cultivars Cecilia