Not All Soursop Supplements Are Created Equal

Rick Porter March 19, 2014

DietRecommendations.com reviews the health benefits of these supplements and what to search for when looking where to buy soursop

(Newswire.net -- March 19, 2014) Boston, MA -- DietRecommendations.com reviews the powerful herbal supplement, Soursop (Graviola), which has been used to strengthen the body’s natural defenses. They note that in order to gain all the soursop benefits a supplement must contain 100% pure graviola. However, do to the exploding popularity of this health product many cheaper brands are using fillers that are not completely pure. It is very important to make sure the graviola contains the ground powder of the leaf, stem, and soursop fruit.

The soursop graviola tree is a small, upright evergreen, usually 5-6 m high, with large, glossy, and dark green leaves. What makes this tree so unique is that the leaf, stem, and fruit contain a wide variety of bioactive phytonutrients, which work naturally at the cellular and systemic levels. Eating or drinking phytonutrients can help prevent disease and keep the body working properly. The tree produces a large, heart-shaped, edible fruit that is 15-20 cm in diameter, is yellow-green in color, and has white flesh inside.

The fruits from the tree are harvested commercially to make soursop juice, candy, sorbet, and ice cream. Its sweet edible flesh contains high levels of vitamin C and fiber which help improve digestive health. It also contains many other nutrients such as potassium, riboflavin, and iron for additional health benefits. Its popularity is due to a recent recommendation by a famous TV doctor and it can often be hard to find soursop for sale.

Graviola is indigenous to most of the warmest tropical areas in South and North America, including the Amazon and the fruit is sold in local markets in the tropics. Often outside of these area it is hard to get a supplement that contains a truely pure graviola supplement. However, DietRecommendations.com has come across a product that contains 1000 mg of 100% pure graviola per serving and is currently available. To take advantage of this popular herbal supplement while it is still available follow the link and look at Platinum Soursop.

About: DietRecommendations.com is health and nutrition website that was started in September 2012 as a resource for free information and guides on healthy nutrition and weight loss. Another very popular news item from Diet Recommendations was on Garcinia Cambogia extract for weight loss which has additional benefits that compliment soursop supplements.

Source: http://www.newswire.net/newsroom/pr/00080778-soursop-juice-benefits.html