



Men's Health

A New Antioxidant-Rich Powerfood

The Queen of Fruit

Mangosteen is the latest superfruit believed to prevent disease and improve quality of life

By: Abby Lerner

Even if you're not up to speed with the latest nutritional research, mangosteen may sound familiar. It's one of those words you think you know—at least, you recognize the mango part—but this superfruit is actually an entirely different plant from the mango, and it has a lot more power hiding behind its generic-sounding label.

A mangosteen is a rare, tangerine-sized, purple fruit that grows primarily in tropical Southeast Asia. Previously an illegal import into North America because of the possible transport of insects, mangosteen recently debuted in the United States and became the favorite ingredient in liquid supplements, such as Xango juice and Vemma, promising to improve heart and digestive health, boost energy, and enhance immune response.

The Superior Superfruit

Like all others worthy of the title, mangosteen satisfies four prerequisites of a superfruit: It's appealing in taste, fragrance and visually; it's rich in nutrients; it's high in antioxidants; and it has the potential to lower risk of disease for people.

So why is mangosteen better than other antioxidant-rich foods? The secret is in the skin. The outer layer of a mangosteen has the highest concentration of a class of plant nutrients called xanthones that have extremely powerful antioxidant properties. "Research on xanthones has found them to have potent anti-tumor activity," says Dr. Ray Sahelian, M.D. Promoters of mangosteen products also say xanthones have an ability to lower cholesterol, reduce inflammation and muscle pain, improve skin conditions and allergies, and boost the immune system. "Advocates base their claims on lab studies, so it's still not perfectly clear how [xanthones] treat human medical conditions," Sahelian says. "Bottom line: It's a safe supplement, a good source of antioxidants, and has anti-cancer potential."

Multiple Ways It Helps

Mangosteen works to prevent health problems by protecting the body from infection, says Visha Johnston, a former nurse and representative for Health and Wellness Consulting. "It dramatically boosted my energy," she said. "I would recommend it to anyone."

Each of the 43 xanthones in a mangosteen fruit targets a specific area of the body. One may act as an antioxidant, another as an anti-inflammatory, and a third as an anti-tumor agent. Some people call them "adaptagens" for their ability to transform and benefit the body in different areas.

[Click here](#) to find out more about the power of antioxidants and other supplements you should be taking.

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