

Graviola - pronounced as gra-vee-ol-lah

- Sweet & tart custard-like pulp
- Immune support owing to the high levels of vitamins B&C, also other essential nutrients
- 100% natural
- Rich history of use as a herbal medicine
- Documented to have mood-elevating properties

Commonly mixed with milk into a smoothie, the aromatic pulp of graviola makes a delicious and nutritive thick white drink. Recent studies have shown that apart from containing important nutrients for immune support and metabolic activity (including Vitamin B complex and C, calcium and phosphorous), graviola also contains alkaloids that exhibit antidepressive effects.

Indigenous to the warmest tropical areas in South America including the Amazon region, Graviola (also known as soursop) is becoming a well-known fruit throughout much of the world, as the popularity of its delicious white creamy pulp spreads.

Inside this fruit's thin, leathery, green skin is a large mass of fragrant pulp, usually intermixed with 50-100 black seeds. In Brazil this fruit is commonly processed into exotic tasting smoothies, ice creams and sherbets.

Graviola has a long, rich history of use in herbal medicines in the areas in which it is grown, and today various extracts from graviola can be found on the international market, with sales based on well-documented health benefits.

All parts of the graviola tree are used as ingredients in natural medicine in the tropics, including the bark, leaves, roots, fruit, and fruit seeds. Different properties and uses are attributed to the different parts of the tree. For example, the fruit and seeds are used for intestinal health, while the Graviola root, bark and leaves are often infused into sedative and nerve tonic teas.

More recent studies into the properties of the graviola tree have revealed many active compounds and chemicals, such as a novel set of chemicals called Annonaceous acetogenins, which have been found to have significant antitumorous properties, and selective toxicity against various types of cancer cells (without harming healthy cells). It has been recently suggested that Graviola may be 10,000 times stronger than some drugs currently used for chemotherapy without the negative side effects.



Believed to have originated in the islands of the Caribbean known as guanabana and afterwards migrating to the Amazon region and other tropical areas. Graviola weighs between 1 and 4kg. It is appreciated for its cool sweet acidic taste. According to Fernandez de Oviedo, first person who described the fruit in the 15th Century: "...It is a cool fruit and for the hot weather,...The fruit and its pulp inside resemble creams or custards. This, which you eat, melts in the mouth like water, leaving a pleasant taste."

Graviola contains Vitamins B (B1, B2 and B3), Vitamin C, Calcium, Iron and Phosphorus.

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