



Baobab

Botanical Name: *Adansonia digitata*

The African baobab also known as the “Tree of Life,” the species is found throughout the drier regions of Africa and features a water-storing trunk that may reach a diameter of 9 metres (30 feet) and a height of 18 metres (59 feet). Its young leaves are edible, and the large gourdlike woody fruit contains a tasty mucilaginous pulp from which a refreshing drink can be made. Every part of the tree has traditionally been used as food, medicine, or the basis of clothing or household items. Baobab fruit is edible with a citrus flavor, and the seed powder is used in foods because of its nutrients, possible health benefits, and as a natural preservative.

It is a good source of vitamin C, potassium, carbohydrates, and phosphorus. The fruit is found inside hard pods that hang upside down from the tree.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Madagascar and Zimbabwe.



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