

WATERMELON SEEDS



◆ Uses/Applications

- Snacks just like Sunflower seeds-Roasted & Salted on the shell
- Culinary purposes-To garnish Cakes,yummy Desserts,as a part in Salads and Soups
- Watermelon seeds Oil
- Medicinal/Diet purposes

◆ Features

• Health benefits of roasted Watermelon seeds

Contribute to healthy diet.Provide a source of healthy unsaturated fat.The seeds main benefits, though,come from their mineral content.Consume roasted watermelon seeds as a source of essential minerals to help maintain healthy tissue and prevent disease.

• Minerals contained in Watermelon seeds

- a)Iron-Iron helps you make hemoglobin and myoglobin,proteins that help transport and store oxygen in your tissue.Iron also promotes liver function and nourishes your immune system.
- b)Magnesium-Magnesium supports your metabolism so that your cells can produce the energy they needed for day-to-day functioning.It also helps your body store energy by helping you make lipids, aids in cell migration and plays a role in cell communication.

c)Copper-Copper nourish your hair and skin .You need copper to produce Melanin,the pigment that gives your skin and hair their color,and also helps protect you from the sun’s harmful rays.It keeps your connective tissue strong and resistant to damage and promotes healthy nervous system function. Watermelon copper content also plays a role in Iron transport,so it can be used to make hemoglobin.

•Watermelon seeds Oil

The high content of Omega acids and Linoleic acid within the oil assist in the removal of excess sebum within in the skin ensuring the skin is cleansed.Watermelon seeds oil can be used to dissolve the oil build up in the pores and so it is best for oily skin.Watermelon seeds oil is primarily used for cosmetics,it stable shelflife,light texture and moisturizing properties make it a suitable emollient.



GLOBAL TROPICAL SEEDS CC

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