



Health benefits of Watermelon

If the Summer heat causes your headache, then a glass of watermelon juice will work wonders. It will also fight summer fatigue and boost your energy levels. Here are some other great benefits of eating this simple and refreshing fruit:

- Excellent source of Vitamin A to **support eye health**
- Contains Vitamin C to **support the immune system**
 - Bursting with Vitamin B6 and **helps brain function**
- Loaded with Lycopene (more than any other fruit or vegetable), which can help to **protect your skin from sun damage**,
 - Packed with potassium, helps **lower risk of high blood pressure**
- Has amino acids citrulline and arginine to promote **healthy cardiovascular function**

