



Improves intestinal health and reduces the risks of constipation

Supports the growth of healthy gut microbiota





Helps improve and protect the vision

Offers benefits to the skin





Helps protect against neurodegeneration in the long run

Aids in brain development





Antioxidative properties help in boosting immunity

Contains anti-inflammatory properties



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Source: <a href="https://www.momjunction.com/articles/benefits-of-guava-for-babies\_00356244/">https://www.momjunction.com/articles/benefits-of-guava-for-babies\_00356244/</a>