

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Mulberry**

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### **What is mulberry and where is it found?**

Mulberry is a plant, which includes a wide variety of trees and shrubs and contains a fruit that resembles blackberries. The powdered leaves of white mulberry are used as an herb for medicine, while the fruit is eaten both raw and cooked. The fruit of the mulberry is high in phytonutrients, especially resveratrol, a flavonoid antioxidant. They are also high in protein, iron and many other vitamins and minerals.

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### **What are the benefits?**

The mulberry has been used to treat diabetes by lowering blood sugar. It seems to slow the breakdown of sugar in the body, which increases the length of time food is absorbed prevents blood sugar from rising too rapidly. It is also used to treat high cholesterol, high blood pressure, joint and muscle pain, and the common cold. Some people use it for hair loss and premature graying, constipation and asthma.

### **Are there interactions with medications?**

None known.

### **Are there side effects?**

Avoid taking mulberry during pregnancy and breast-feeding because very few studies have been done and there is not enough information known.

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