



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

LEMON

BOTINICAL NAME: *CITRUS LIMONUM RISSO*

FAMILY: Rutaceae

SYNONYMS:

ENGLISH: Lemon

HINDI: Neemboo

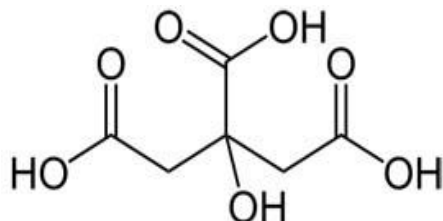
TAMIL: Elumiccai

TELUGU: Nimmakāya



CHEMICAL CONSTITUENTS:

- ❖ Lemon has many bioactive components such as citric acid, Ascorbic acid, minerals, flavonoids and essential oils. Citrus essential oils are generally recognized as safe (GRAS) and a complex mixture of about 400 constituents consisting of 85-99% volatile and 1-15% non-volatile components.



USES:

- ❖ Support Heart Health. Lemons are a good source of vitamin C
- ❖ Help Control Weight. Lemons are often promoted as a weight loss food, and there are a few theories as to why this is
- ❖ Prevent Kidney Stones
- ❖ Protect Against Anaemia
- ❖ Reduce Cancer Risk
- ❖ Improve Digestive Health
- ❖ Helps Fight Cancer
- ❖ Better Complexion
- ❖ Lowers Risk of Stroke and Lowers Blood Pressure
- ❖ Assists Nervous System