DISCLAIMER

This website is for educational & informational purposes only and does not endorse or promote any commercial product and/or company. It is merely a website sharing individual's personal stories and some Mangosteen Fruit and Xanthone's research information found in the public domain. Mangosteen Juice is not a cure, miracle or drug; it is a simple food in the form of fruit juice. No info on this site is meant to guarantee or imply that you will receive any benefit from its consumption. Regarding Mangosteen, we simply say: "Try it - we think you'll like the results". Please be smart, do your homework and if you have a health challenge, be sure to always discuss it with a trained Medical practitioner.

TENSION / HEADACHES - Migraines

I have had migraine headaches for years and they consistently happen 2 or 3 times a month and generally last for days at a time. I took 1600 mg of Ibuprofen, which didn't seem to help much but being a mother of young children, I couldn't take anything that would knock me out. I have tried other medicines, but nothing seemed to help. My doctor had no other suggestions for my dilemma. I tried the Mangosteen juice and was surprised that it tasted great! I decided that I would try it for a couple of days and see what would come out of it.

After 3 days, I noticed that I had not had a migraine, so I really started to pay attention to my situation and noticed my aches and pains in my neck were lessening. For about 2 weeks I could feel my body beginning the onset of a migraine by getting tense in my head and neck area, but it never developed into a headache. Now I seldom feel that tension sensation and have not had a headache since I began taking the Mangosteen juice. I wake up every morning prepared for a "feel good day" and never forget to take my Mangosteen. I have been taking about 1 oz. to 1-1/2 oz. in the morning.
JS., Salt Lake City, UT

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