

Benefits of Jaggery

Jaggery or organic gur is a heavenly sweet which is very popular not only for its taste but enormous health-enhancing benefits. It is largely made of raw and concentrated sugarcane juice which is boiled and solidified to form organic gur. In addition, it can also be made from coconut sap and date palm. It is a very popular part of the Asian staple diet, especially in India and Pakistan.

02.

**Prevents
respiratory
problems**

01.

**Good for
weight
loss**

03.

**Controls
blood
pressure**

04.

**Relieves
menstrual
pain**

05.

**Aids
purificati
on and
detoxifica
tion**

**Organic Gur**

www.organicgur.com