

# Points To Consider When Consuming Durian Fruit



The fruit has aphrodisiac properties that help boost your libido.



It is effective in managing metabolic syndrome and related disorders.



It has anti-diabetic, antioxidant, and anti-obesity properties.



It is a high source of fat and sugars, hence providing ample energy.



It is rich in micronutrients such as potassium and dietary fiber.



Its iron and folic acid content might help manage anemia.

