

DID YOU KNOW ?
THE SEEDS OF LYCHEE
ARE **POISONOUS** AND
SHOULD NOT BE CONSUMED



SWIPE ►

Lychee seeds contain toxic compounds such as hypoglycin A and its analog methylene cyclopropyl-glycine (MCPG), If consumed in large amounts which could cause hypoglycemic encephalopathy, a coma caused by extremely low blood sugar levels.

The seeds of the lychee fruit are traditionally used in folk medicine to relieve pain, and people in Northern India have long used powdered lychee seeds for digestive disorders.