



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

BOTANICAL NAME *Citrus limon* (L.) Burm. f.

COMMON NAME Nimbu, Nimboo, Lemon

FAMILY Rutaceae



FUN FACT Lemon juice is used as a short-term preservative because it has a high amount of citric acid.

COMMON USES

1. Lemon juice is used to make lemonade, soft drinks, and cocktails.
2. Its leaves are used to make tea.
3. It improves digestion and also helps in weight loss.
4. It has various benefits for the skin as well.

However, this information must be used only under medical supervision.

REFERENCE

1. <https://en.wikipedia.org/wiki/Lemon>
2. <https://www.planetayurveda.com/library/lime-citrus-limon/>
3. <https://pharomeasy.in/blog/7-incredible-health-benefits-of-lemon/>