



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

BOTANICAL NAME	<i>Morus nigra</i> L.
COMMON NAME	Shahtut, Tut, Black Mulberry
FAMILY	Moraceae



DISTRIBUTION	Europe, Asia, Central and Eastern Africa
FUN FACT	The history of mulberry tree is related to the growth of the silk industry since ancient times.
COMMON USES	<ol style="list-style-type: none">1) Chemicals in black mulberry fruit and twigs are said to have blood sugar lowering capabilities.2) People use black mulberry for curing constipation and running nose.3) It gives protection against brain damage4) It is a rich source of antioxidants. However, it must be used only under medical supervision.

REFERENCES	<ol style="list-style-type: none">1. https://www.webmd.com/vitamins/ai/ingredientmono-357/black-mulberry#:~:text=Chemicals%20in%20black%20mulberry%20fruit,evidence%20to%20support%20these%20uses.2. https://dergipark.org.tr/en/download/article-file/8572513. https://www.britannica.com/plant/black-mulberry4. http://www.efloras.org/florataxon.aspx?flora_id=5&taxon_id=220008839
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