



Noni Juice | 8 Health Benefits of Noni Juice That You Should Be Aware of



Overview:

Many people are unfamiliar with the Noni fruit, yet we have seen these small fruits in the market. The Pacific Islands, Southeast Asia, Australia, and India are home to this oval-shaped greenish-yellow fruit.

Noni is a small oval-shaped greenish-yellow fruit with a pungent odor and bitter flavor, earning it the nickname "cheese fruit" or "vomit fruit." It's also known as Indian mulberry, large morinda, and beach mulberry in English.

Noni is a fruit that comes from the *Morinda citrifolia* tree. *Morinda citrifolia* is an evergreen tree native to Asia, the Pacific Islands, and Australia. The Noni tree features large, gleaming green

leaves with distinct veining patterns. Throughout the year, the Noni tree produces flowers and fruits. The fruits of the Noni tree can be eaten fresh or peeled.

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