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Bananas

AGAINST HIV



According to a newly published study from the University of Michigan Medical School, BanLec – a lectin found in bananas – may become a cheaper component of topical microbicides (a new type of product that can be used vaginally or rectally to reduce a person's risk of infection) that can help prevent transmission of HIV and other STIs. This isn't to say that by simply employing fresh bananas one can be protected against HIV, but it's heartening to know that medicine is taking its cues, as usual, from one of nature's own.