



MINT (PUDINA)

- **Scientific Name:** 'Glycyrrhiza glabra'
- **Flavor:** It has a naturally sweet taste, making it a popular ingredient in candies and teas.
- **Medicinal Properties:** It is known for its anti-inflammatory, antiviral, and antibacterial properties.
- **Digestive Aid:** It is used to soothe digestive issues and heartburn.
- **Ayurvedic Use:** It is commonly used in Ayurvedic medicine for various health issues.
- **Respiratory Health:** It helps relieve respiratory problems like bronchitis and asthma.
- **Skin Benefits:** It is used in skincare for its soothing and healing properties.
- **Immune System:** It boosts immunity and protects against infections.
- **Anti-Cancer Properties:** Some studies suggest mint may have anti-cancer properties.
- **Liver Health:** It supports liver function and helps in liver detoxification.