



8 HEALTH BENEFITS OF MINT

1. A good source of Vitamin A.

2. Contains antioxidants.

3. An effective respiratory
decongestant.

4. Relieves indigestion and soothes an
upset stomach.

5. Contains anti-inflammatory properties.

6. Eases headaches.

7. Contains germicidal properties that
freshens breath and destroys bacteria
and plaque.

8. Eases nausea from morning sickness.