

# Mint

Mint has medicinal uses and also as a mosquito rep...

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# Garlic

Garlic helps stop clogging of arteries and reduces...

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# Potato

Potato promotes cell growth, improves athletic per...

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# Drumstick

Drumstick regulates sugar and has anti inflammator...

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# Snake Gourd

Snake Gourd helps in smooth working of digestive a...

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# Radish

Radish regulates sex harmones, blood sugar, and th...

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# Escarole

Escarole has a crisp texture and prevents muscular...

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# Broccoli

Broccoli supports immune systems and prevents hear...

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# Spinach

Spinach promotes eye health and strengthens bones...

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# Coleus

Coleus is grown for its ornamental value and it is...