

# THE MOST NUTRITIOUS PLANTS & LEAVES



## CURRY LEAVES

- *Curry leaves are rich in protective plant substances.*
- *May reduce heart disease risk factors.*
- *May have neuroprotective properties.*
- *May have anticancer effects.*
- *Beneficial for blood sugar control.*
- *May have pain-relieving properties.*

## MINT LEAVES

- *Filled with nutrients.*
- *Improved digestive health.*
- *Boost your immune system.*
- *Better brain function.*
- *Support your pregnancy.*
- *Reduce cold symptoms.*
- *Keep your mouth healthy.*
- *Help manage stress*



## FENUGREEK LEAVES



- *Fenugreek leaves for hair*
- *Helps Control Cholesterol*
- *Improves Kidney Function*
- *Prevents Clotting Disorders*
- *Weight Management*

## KALE LEAVES

- *May support bone health.*
- *May protect against heart disease.*
- *May protect against cancer.*
- *May support eye health.*



## BEET GREEN LEAVES



- *Its nutrient profile is very strong*
- *It's a powerful anti-inflammatory.*
- *It's an antioxidant*
- *Supports healthy blood pressure and heart health*
- *Supports liver function.*



# RESOURCES

