



JUICE FROM FRESH APPLES AND PEPPERMINT



**APPLE
MINT**

Peppermint stimulates the immune system, promotes good sleep, helps balance the intestinal microflora, freshens breath, increases appetite, calms the nervous system, cools the body during hot days.

Effects:

- Boosts the immune system
- Antiseptic and antibiotic properties
- Relieves pain
- Freshens breath
- Promotes good sleep
- Aids digestion
- Promotes bile secretion
- Increases appetite
- Reduces gas and bloating
- Relieves abdominal cramps
- Helps to balance gut flora
- Calms the nervous system
- Relieves diarrhea and constipation
- Cools the body during hot days
- Suitable for patients with rheumatism
- Suitable for patients with skin conditions:
- Suitable for smokers
- Suitable for colds and flu
- Not suitable during breastfeeding and pregnancy (Peppermint is not suitable during breastfeeding and pregnancy as it can reduce milk production)

Peppermint contains minerals and vitamins per 100 g:

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|-----------------------------|------------------------------|---------------------------|
| - Iron 6 mg | - Manganese 1,45 mg | - Vitamin B2 2,1 mg |
| - Calcium 252 mg | - Copper 0,44 mg | - Vitamin B6 0,2 mg |
| - Potassium 587 mg | - Zinc 1,4 mg | - Vitamin C 34 mg |
| - Magnesium 84 mg | - Omega-3 fatty acids 452 mg | - Folate 120 ug |
| - Phosphorus 77 mg | - Vitamin A 4 300 IU | - Pantothenic acid 0,5 mg |
| - Omega-6 fatty acids 74 mg | - Vitamin B1 0,15 mg | |
| - Sodium 27,5 mg | - Vitamin B2 0,5 mg | |

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