

# Informations



Mint is one of the most renowned and appreciated aromatic herbs known to men. It has multiple uses: it can be used to cook food or make drinks, alcoholic or not, and can be used for oral hygiene. It also has multiple healing properties that make of it an excellent natural remedy.

Mint contains several vitamins, minerals and very important substances for the body, including vitamin A, B, C and D, and also calcium, phosphorus, potassium, magnesium, copper, sodium e manganese, fibers, proteins e amino acids. From mint, mentol can be extract, which controlled use is actually recommended by doctors.

Mint has a wide range of possible uses, from herbal tea, available in herboristery, to cooking, in more or less complex dishes. Not to be forgotten the use of its leaves for cocktails.

Often paired up with eucalyptol, mint represents an excellent aid for cough healing or for flu symptoms. Its decongestant and balsamic action helps thinning mucus , allowing better breathing.

Well renowned is its antiseptic and antiviral , to curate the gastrointestinal system, due to the fact that it contains good amount of polyphenols. It is, however, not recommended in some cases, such as excessive stomach acidity or gastric reflux, because it might increase gastric acids production.