



Paithan  
**Eco Foods**



## ANJANEYA DANDELION ROOT BLEND

Your nutritional deficiencies are all set to wade away with the AnjaNeya Dandelion Root Blend. Enriched with Iron, Calcium, Magnesium and Vitamins A, C and K, this blend aids in keeping a check on several other ailments like indigestion, skin inflammation, hepatic disorders etc. Regulating cholesterol, maintaining blood pressure and keeping constipation at bay are some of the other health benefits this blend offers.

# DANDELION ROOT

# SYMPTOMS

Nutrition Deficiency  
Indigestion  
Skin Inflammation  
Diabetes  
High Cholesterol  
Hypertension  
Hepatic Disorders



## BENEFITS OF DANDELION ROOT

EXCELLENT SOURCE OF VITAMINE A, C, K  
RICH IN IRON, CALCIUM AND MAGNESIUM  
HIGH IN CARBOHYDRATES AND  
REGULATES AND MAINTAINS INTESTINAL  
HEALTH  
POTENT ANTIOXIDANT  
ANTI INFLAMMATORY  
AIDS BLOOD SUGAR CONTROL  
REGULATES CHOLESTEROL  
REDUCES BLOOD PRESSURE  
MAINTAINS HEALTHY LIVER  
REDUCES CONSTIPATION  
IMMUNITY BOOSTER







# Dandelion root

Dandelion is high in fiber as well as vitamin K, vitamin A and vitamin C. The Root can help reduce cancer growth, lower cholesterol and help you lose weight. Dandelion led to a reduction in total cholesterol, triglycerides and bad LDL cholesterol as well as an increase in beneficial HDL cholesterol. dandelion root is especially high in antioxidants. dandelion root extract prevented damage to the liver caused by alcohol toxicity in liver cells.

These protective effects are likely due to the amount of antioxidants found in dandelion root as well as its ability to prevent damage caused by free radicals. dandelion root was especially effective against certain strains of bacteria that are responsible for staph infections and foodborne illness. Dandelion greens are packed with vitamin A, significantly lower risk of age-related macular degeneration, an eye disease that causes vision loss. Dandelion greens have been shown to reduce the activity of pancreatic lipase and decreases blood triglyceride levels.

# Recommendations

Brewing instructions: boil 1 tsp in a cup of hot water for 8-10 minutes and strain only if required.

Minimum recommendation of 1 cup a day.

## Precautions

Not suitable for pregnant and lactating women.

Not recommended below 18 years.

Not suitable for people on diuretic and diabetic medications or Blood thinners.

## Contact Us

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## Disclaimer

These statements and products have not been evaluated by the FDA and FSSAI . They are not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health concern or condition, consult a physician. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing any new exercises.