

Health benefits of peppermint

- Mint composes numerous plant derived chemical compounds that are known to have been anti-oxidant, disease-preventing and health promoting properties
- The mint herb contains no cholesterol; however, it is rich in essential oils, vitamins and dietary fiber
- The herb parts contain many essential volatile oils like *menthol*, *menthone*, *menthol acetate*
- Peppermint-herb is an excellent source of minerals like potassium, calcium, iron, manganese and magnesium. 100 g fresh herb provides 569 mg of potassium.
- Further, it is rich in many antioxidant vitamins, including vitamin A, beta carotene, vitamin-C and vitamin E.

Principle	Nutrient Value	Percentage of RDA
Energy	70 Kcal	3.5%
Carbohydrates	14.79 g	11%
Protein	3.75 g	7%
Total Fat	0.94 g	3%
Cholesterol	0 mg	0%
Dietary Fiber	8 g	20%
Vitamin A	4248 IU	141%
Vitamin C	31.8 mg	53%
Calcium	243 mg	24%
Copper	329 µg	36%
Iron	5.08 mg	63.5%
Magnesium	80 mg	20%
Manganese	1.176 mg	51%
Zinc	1.11 mg	10%