



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

REGENERATIVE ORGANIC SALAD GREENS
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS
GREAT TASTE DELIVERED TO YOUR DOOR!

Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

SALAD GREENS

HEALTHY FACTS



Mint

Scientific name: Mentha
Spanish name: yerba buena

- Mint contains Vitamin A, C, B12, folic acid, thiamine and riboflavin, as well as, minerals such as, calcium, copper, fluoride, iron, manganese, phosphorus, potassium, selenium and zinc.
- Mint brewed in tea or hot water has been a remedy for digestive problems and stomach cramps for centuries.
- Mint is a natural breath freshener.
- Mint is also natural diuretic and has been used to relieve IBS (Irritable Bowel Syndrome) and colitis.
- Its main oil contains menthol, which is excellent for the sinuses when inhaled.
- Inhaling mint oil incense helps open the mind and calms the nerves.

100 grams of mint:

Calories 48
 Protein 4.8 g
 Fat .06 g
 Fiber 2 g
 Calcium 200 mg
 Iron 15.6 mg
 Vitamin C 27 mg
 Carbohydrates 5.8 mg