

Dill



Vitality Farms
Company



Dill is packed with micronutrients that provide health benefits. For example, a 100-gram serving of dill boosts your vitamin A intake. Vitamin A is a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of vitamin C, an important antioxidant that helps your body to resist infection.

Dill is also a good source of fiber, folate (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, manganese, and

HEALTH BENEFITS

- Used to treat Gastrointestinal disorders
- Used to treat Loss of appetite
- Prevents Kidney disease
- Stops Flatulence
- Boosts Immunity
- Treats Bronchitis
- Stops Infectious disease
- Relieves liver and gallbladder complaints
- Prevents urinary tract disorders
- Alleviates hemorrhoids
- Helps with insomnia and other sleep disorders

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