EGGPLANT

HEALTH BENEFITS
- Prevents Cancer
- Promotes Weight loss
- Better Skin Tone
- Prevents Cellular damage in Brain
- Lowers Bad Cholesterol
- Manages Type 2 Diabetes

NUTRITIONAL BENEFITS
- Fiber
- Chlorogenic Acid
- Nasunin
- Vitamin A & Beta Carotene
- B Vitamins
- Folate
- Vitamin C
- Potassium
- Magnesium
- Calcium
- Phosphorus

HOME BEAUTY REMEDIES
- See Freckles Fade
- Say Goodbye to Warts
- Regulate and Pamper Skin
- Gently Treat Your Hair

FACTS: 35 Calories in 1 cup
Eggplant Water Can Help Weight Loss