Health Benefits of Spinach

1. PROTECTS AGAINST CANCER
Spinach contains a strong antioxidant called *kaempferol*, which helps prevent the formation of cancerous cells in the body.
2. BRAIN FOOD
These leafy greens will help slow the effects of ageing on the brain due to its folic acid content, a B vitamin which also assists the body in maintaining a healthy heart.

3. NUTRIENT-DENSE
Low in calories and high in vitamins, just one cup of spinach contains more vitamin K and vitamin A than your daily requirement and nearly 40% of your magnesium requirement.

4. LOWERS BLOOD PRESSURE
Just a single portion of spinach will help lower high blood pressure within hours due to the mineral magnesium, which helps prevent cardiovascular disease.

5. ALLEVIATES FATIGUE
Spinach holds high levels of iron, which carries blood and oxygen throughout the body and is responsible for lessening fatigue and giving you that added energy boost.
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