



The multiple health benefits of **MUNG BEANS**



DIABETES

Decreases the risk of developing diabetes



OBESITY

Decreases body weight, and body fat
Reduces fat cell size



LIPID LEVELS

Decreases blood levels of Total cholesterol,
Triglycerides, and LDL- Cholesterol



BLOOD PRESSURE

Decreases blood pressure



CANCER CELLS

Decreases growth of cancer cells

- Removes toxins from the body
- Refreshes mentality
- Alleviates heat stroke
- Reduces swelling in the summer
- Regulates stomach upsets
- Moisturizes the skin

**IN
ANCIENT
TIMES**



OXIDATIVE STRESS

Decreases oxidative stress



INFLAMMATION

Reduces inflammation



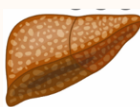
GUT

Increases growth of beneficial bacteria



LIVER

Decreases fat accumulation and inflammation in the liver



LIVER

Prevents onset and progression of non-alcoholic fatty liver disease

