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Lettuce leaves are store house of nutrients by [Ajay](#)

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Lettuce is the hardy annual plant of the aster or sunflower family Asteraceae. It is generally grown as the leafy vegetables but sometimes it is also grown for its stem and seeds. Lettuce is more often used as salads. Although it is seen in other kinds of food like soups, sandwiches and wraps. It is the excellent source of vitamins A and potassium as well as minor source of several other nutrients and minerals. Despite so many benefits, contaminated lettuce can cause bacterial, viral and parasitic outbreaks in humans. It has also gathered religious and medicinal significance over centuries of human consumption.

Lettuce is nuggets of vitamin, minerals and several other components. Lettuce leaves are store house of phyto-nutrients that have health promotional and disease prevention properties. Lettuce contains plenty of vitamins. The fresh leaves contain vitamin A and beta carotene. Vitamin A is essential for maintaining healthy mucus membrane and skin, it also promotes clear vision. Consumption of natural fruits and vegetables rich in flavonoids helps to protect body from lung and oral cavity cancers.

Zeaxanthin is an important dietary carotenoid in lettuce is selectively absorbed into the retinal macula lutea where it is thought to provide antioxidant and protective light-filtering functions, thus it offers some protection against age related macular disease (ARMD) in the elderly.

Lettuce contain tremendous amount of vitamin K. vitamin K plays a key role in maintaining strong bones by promoting osteotrophic activity in the bone. It is also helpful in Alzheimer's disease patients by limiting neuronal damage in the brain.

It has a good amount of folate and vitamin C. folate is required for prevention of neural tube defects in-utero fetus during pregnancy by synthesizing DNA. Vitamin C is an influential antioxidant. Regular consumption of vitamin C helps the body to develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

It also contain mineral like iron, potassium, calcium, magnesium which are very essential for metabolism. Potassium is an essential component of cells and body fluid that help controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme superoxide dismutase. Copper is required in the production of red blood cells. Iron is essential for red blood cell formation. It is rich in B-complex group of vitamin like thiamin, vitamin B-6 and riboflavin.

Lettuce contains milky or sap like substance that are used medically as they typically grow on the open area and is referred as the compass plant for the leaves changing direction to follow the sun. It can be used as the lotion for skin treatment. Lettuce effectively cures the acne. Acne may be caused by many different factors such as clogged pores, overactive sebaceous glands, inflammation and bacteria. Additionally, hormonal changes during pregnancy, puberty or menstruation may lead to acne breakouts.

Avoid using herbal treatments with wild lettuce if you are pregnant or breastfeeding. In addition, an allergic reaction may occur in people known to have sensitive skin.

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