



## ***Mentha spicata L.***

**Family: Lamiaceae**

**Common name: Spearmint**

**Local name: Putna**

**Importance:**

- Potential health benefits include improving digestion, being high in antioxidants, and helping with memory.
- Spearmint is often present in health-food products, toothpastes, mouthwashes, and cosmetics. It is a common ingredient in medicine for its claimed therapeutic properties.