**If You See This ‘Weed,’ Don’t Throw It Away. Here’s Why!**

Many of you have surely spotted purslane in your garden, but believe it is a common weed.

Yet, this plant is actually full of health-boosting properties. This beautiful plant, lat. Portulaca oleracea, has yellow flowers and grows all over the world, but it originates from Persia and India.

Purslane is a rich source of fiber, vitamin A, C, B, omega-3 fatty acids, calcium, manganese, potassium, iron, magnesium, copper, carotenoids, and betalain pigments.

These are the health benefits of the consumption of purslane:

**Improved Circulation**

The high iron and copper content in purslane are extremely beneficial for the circulatory system, and the improved blood circulation supports overall health.

**Gastrointestinal Health**

This plant has been commonly used I the traditional Chinese medicine in the treatments of various gastrointestinal issues, from diarrhea to dysentery. Purslane contains organic compounds such as glucose, citric acid, malic acid, and alanine, which support the gastrointestinal health.

**Heart Health**

It is high in potassium and Omega-3 fatty acids which support cardiovascular health. Namely, potassium lowers blood pressure and Omega-3 fatty acids lower high cholesterol levels.

**Bone Strength**

The numerous nutrients in this plant, such as iron, manganese, calcium, and magnesium, prevent any damage to the bones and keep them healthy and strong. The regular consumption of purslane may also prevent osteoporosis.

**Weight Loss**

Purslane is high in fiber but low in calories, so it is excellent if you are trying to lose weight. It will also cause a feeling of satiety.

Therefore, if you start consuming this beneficial plant, you will enjoy its numerous health benefits. What’s more, people say it tastes delicious!

Why don’t you give it a try?

Sources and References: