

My Escentia



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DRIED HERBS

AFRICAN POTATO 100G (HYPOXIS ROOPER /HEMEROCALLIDEA)

The **African Potato** (*Hypoxis hemerocallidea*) is a powerful traditional medicinal plant widely used in Southern Africa. It's especially valued for supporting the immune system and overall wellness.

[Read More](#)
SKU: N/A
Price: R68,00

AFRICAN POTATO
(*Hypoxis hemerocallidea*)

Uses & Benefits

African Potato Plant
• Immune Support
• Boosts Immunity

African Potato Root
• Anti-Inflammatory
• Reduces Joint Pain
• Antioxidant
• Fights Free Radicals
• Prostate Health
• Supports Prostate Function

Blood Sugar Support
• Helps Balance Glucose

General Wellness
• Enhances Energy & Vitality

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COMMON USES

Herbal Tea
• Immune-Boosting Brew

Powder Form
• Dried Root Powder

Tincture
• Liquid Extract

Capsules
• Easy Supplements

IMPORTANT! NOT A CURE

- Consult a Health Professional
- Avoid in Pregnancy
- Possible Drug Interactions

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African Potato 100g (*Hypoxis rooperi* /*hemerocallidea*) 2

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