

Tomato	Red hot chill pepper	Jujube (Chinese date)	Schizandra berries		
Good for burgers	Good for appetite	Good for hotspots Samgaetang	I don't know		
Vitamin C	Blood circulation	Blood circulation	Beauty (Skin)		
Vitamin C	For Asian foods	IDK	Skin		
Health	Flavor	Blood	IDK		
Eyes	Flavor	grils	IDK		
Eyes	Courage	Nutrition, Chicken soup	IDK		
Flavor, Vitamin C, Lycopene	Spice, Flavor	IDK	IDK		
IDK	IDK	IDK	Health		
Cholesterol	airuiaes	IDK	antioxidant		
Colon cancer	Metabolism	Heart	Digestion		
IDK	IDK	Digestion	IDK		
potasio	Vitamin C	IDK	Vitamin C		
Vitamin C	Cold	IDK	IDK		
Health, Flavor, Skin	Taste, Excitement	Health, Blood	IDK		
Iron?	Opening respiratory tubes?	IDK	IDK		
In the "nightshade" family	Bronchial tube	Vitamin C	IDK		
Immunity	Immune system	IDK	IDK		
Immune support	Metabolism	IDK	IDK		
Skin care	Heart	IDK	Immune system		
Vitamins	IDK	IDK	Skin		
Carrot	Mandarin	Sweet pumpkin	Soy sprouts	Soybean	
Good for eyes, Vitamin A	Vitamins C, Good for dessert	Good for fall season,	Good for men	Protein, for vegetarians	
Night brightness	digestion	Digestion	Digestion	Digestion	
Digestion	IDK	IDK	IDK	For hormone control (female side)	
Eyes	Skin	IDK	IDK	Health	
Eyes	Sepsis	Halloween	IDK	Lose weight	
Eyes	Hands	Warming body up	No nutrition value	No nutrition value	
Vitamin D, Flavor	Vitamins C	Pumpkin soup, pie, spice	Egg rolls	Protein, Soy milk	
IDK	IDK	IDK	IDK	Health (bad taste food)	
Eye sight	Immune system	Digestion	Vitamins	Protein	
Vision	IDK	IDK	IDK	Bone growth	
Eye sight	Immune boost, Vitamin C	IDK	IDK	Tofu	
Vitamin A	Vitamin C	Digestion	IDK	Iron source	
Eyes	Immune system	Halloween	IDK	Estrogen	
Eye sight especially at night, soup, health	Skin, Health, Catch a cold	Health	Skin, more amino-acid than soybean	Hormones, Skin	
Eye-sight!	Vitamin C?	Yummy eating?	Clean, Digestive tract	Iron, Strong muscles	
Eye	Hair	IDK	IDK	Protein	
Vitamin K, Eyesight	Vitamin C, Immune system	IDK	IDK	Protein, Muscle	
Eyesight	Sore throats, Sickness	Digestion, Stomach ailments	IDK	Muscle building	
Eyes Vision	Immune system	IDK	IDK	Digestion	
Eyes	Vitamin C	Protein	Vitamins	Protein	
Spinach	Kale	Chrysanthemum greens	Water parsley, Water dropwort		
A lot of Zinc, Good for salad	Good for salad	IDK	IDK		

Potassium	Digestion	IDK Breathe	Digestion		
Blood level	Digestion	IDK	IDK		
Blood	IDK	IDK	IDK		
Popeye	Salad	Try	IDK		
Vitamins	Vitamins	IDK	Vitamins		
Vitamins	Vitamins	Vitamins	Vitamins		
IDK	Health	IDK	IDK		
Vitamin K, Digestion	Super food, antioxidousto	IDK	IDK		
Digestion	Protein	IDK	IDK		
Iron	Iron	IDK	IDK		
Iron	Iron	IDK	IDK		
Iron	Vitamins	IDK	IDK		
Blood, Iron	Health	IDK	Metabolism		
Iron	I find it super useless, I don't know have it in my	IDK	IDK		
Iron	Iron	IDK	IDK		
Bones	Digestion	Digestion	IDK		
Bone health	Digestion, Fiber	IDK	IDK		
Immune system	Everything	IDK	Digestion		
Vitamins	Vitamins	Vitamins	Vitamins		
White radish	Bellflower root, balloon flower root	Lotus root	Garlic		
Good for Kimchi	IDK	Hotpots	For everything except for bad breaths		
Digestion	IDK	Digestion	Immune system		
IDK	IDK	IDK	IDK		
Stomach	Health	IDK	Flavor		
Dyspepsia	IDK	IDK	Bacteria effect		
Make you full, Carbs?	IDK	Carbs?	Boost immunity		
Soup, Appetiger	IDK	IDK	Flavor, Sautéing		
IDK	IDK	IDK	Health		
IDK	IDK	IDK	Heart		
Vision	Memory	Bones	IDK		
IDK	IDK	IDK	Thinning, Blood benefits		
IDK	IDK	IDK	Detox		
IDK	IDK	IDK	Anti fungal		
In tradition Chinese medicine, moisturizing dryness	IDK	Metabolism	Flavor, Stomach		
IDK	IDK	IDK	Against cold		
IDK	IDK	IDK	Everything, Sickness, Digestion		
Vitamins	IDK	IDK	Everything, Immune system		
Vitamins	IDK	IDK	Immune system, Repel mosquitoes, Snack		
Immune system	IDK	IDK	Immune system		
Vitamins	IDK	Vitamins	Everything		
Black beans	Black Sesame (Black Sesame Porridge)	black fungus			
Good for snacking	Good for dessert (Ice-cream, soup), rice toppin	Soup			
Digestion	Beauty	Blood circulation, cleansing			
Protein	Hair	Body cleaning			

Protein	IDK	Health		
IDK	Taste	IDK		
Protein	Protein	IDK		
Burritos	Ice-cream	Risotto, Soup, Pasta, Sauce, Stuffing		
IDK	IDK	Health		
Protein	Protein, Digestion	IDK		
Protein	Heart	IDK		
IDK	IDK	IDK		
Iron	IDK	IDK		
Protein	IDK	IDK		
Hair, Blood	Hair, Blood	Anti-aging, Skin, Hair		
Iron, Protein	Is it taste good?	IDK but love eating them		
Fiber (nature's broom)	IDK	Vitamin D		
Protein	Fats, Energy	IDK		
Protein, Digestion	Fats	IDK		
Body	Eyes	Digestion		
Protein	Protein	IDK		