

# super sena

When taken by mouth: Lotus is LIKELY SAFE when eaten as food.

However, there is not enough known about lotus to know if it is safe when used as a medicine. It can cause allergic reactions such as skinitching in some people.

LOTUS: Overview, Uses, Side Effects, Precautions, Interactions ...  
- WebMD : vitamins : ingredientmono-124 : lotus  
super sena

Lotus has long been popularly used in Traditional Oriental Medicine and is known for its many amazing health benefits, such as beautifying the skin, preventing cancer, fighting inflammation, and controlling blood sugar levels.

Health benefits of lotus | Vinmec : news : health-news : nutrition : health-benefits-of-lotus

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Denmark and Finland. The company also has a presence in other European country SPAIN  
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