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Beta vulgaris – Analysis of nutritional value

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Abstract:

Beta vulgaris (beet) is a plant of the amaranthaceae family (which is now included in betoideae subfamily). It has numerous cultivated varieties, the most well known of which is the root vegetable known as the beetroot or garden beet. Other cultivated varieties include the leaf vegetable chard; the sugar beet, used to produce table sugar; and mangelwurzel, which is a fodder crop.

Key Words: *Beta vulgaris*, Nootropic

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