

## Eight things you need to know about the African Potato

The African Potato

Found in the grassland areas of

South Africa

Noticeable by the bright yellow star flower  
Creates a hardend corm below the soil's surface.

Traditionally used for testicular tumors,  
prostate hypertrophy and urinary infections

It is beneficial in the treatment of cancer,  
diabetes, HIV and Rheumatiod Arthritis

The leaves are tough and flexible and can be  
weaved and tied together to form ropes

The plant contains sterols and sterolins which  
are natural immune boosting substances

Infusions of the tuberous root and leaves are  
used in treatment

African Potato product