

## Myth Busters on COVID-19

### Does adding pepper to food help prevent coronavirus?

Adding pepper to food aids digestion, and combats cough and cold. However, there is no scientific evidence to prove that pepper helps prevent coronavirus.



To know more, visit [www.fssai.gov.in](http://www.fssai.gov.in)



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### Does eating garlic help prevent coronavirus?

Garlic helps boost the immune system, and has antimicrobial properties. However, there is no scientific evidence to prove that eating garlic helps prevent the spread of coronavirus.



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