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*Plantago*

*Plantaginaceae*

*Plantago* is derived from Latin *planta* (sole of the foot) with particular reference to the broad, flat leaves of greater plantain (*Plantago major*), and is a Latin name for these species. The high content of mucilage (a sticky substance) in the seeds of some of the *Plantago* species enable them to swell in water and this mechanism is harnessed in many medicinal and cosmetic preparations.