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The Lachmann Sub in Warzone and Modern Warfare 3 is an SMG returning from the previous game and one commonly known by players as the MP5.

The Lachmann Sub - or MP5 - is available to acquire, use, and customize in Modern Warfare 3 as part of the new Carry Forward system introduced with the release of the game.

Best Lachmann Sub loadout and class build for Warzone and MW3

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

While there's limited research on the human health effects of consuming lotus, it's thought that these antioxidant compounds might protect against diseases that stem from oxidative stress. In particular, they may have anticancer effects, protect against Alzheimer's disease, and preven