



Black Spanish Olive
Manzanillo Olive

A diet rich in dietary fibre helps maintain bowel health, control blood sugar levels, maintain healthy weight and lower cholesterol levels. Not only this it also provides vitamin E, promotes cardiovascular health. Black Spanish olives are particularly rich in antioxidants, including oleuropein, hydroxytyrosol, tyrosol, oleonic acid and quercetin.



Sage
Salvia officinalis

Improve memory, alertness, and attention in healthy adults. When used as aromatherapy, these sage species seem to improve alertness, but not attention and memory.



Oregano
Origanum vulgare

People around the Mediterranean region have used oregano for centuries in herbal medicine to treat many ailments, including: Skin sores, aching muscles, asthma, cramping, diarrhoea, indigestion, colds and to boost overall health. Scientists have also found it helps to fight; bacteria, relieve inflammation, regulate blood sugar and lipids and to fight cancer.



Tansy
Tanacetum vulgare

Tansy was historically used to treat painful joint conditions like arthritis and rheumatism. It is also occasionally used to treat other types of pain like migraines, headaches, sciatica and nerve pain. Tansy has carminative properties that help to improve general digestion and also deal with common digestive conditions like flatulence and dyspepsia. It has been used to treat stomach ulcers, cramping, pain and gallbladder issues, and an effective appetite stimulant. The main medicinal uses of tansy are to help treat intestinal worms and parasites and to encourage menstruation in women that have irregular cycles or the absence of menses.

