



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.



Mint
Mentha

Mentha is rich in nutrients, vitamin A12% and antioxidants. IBS is a common digestive disorder. Several studies have shown that taking peppermint oil capsules improved the symptoms of IBS patients. Also this studies have shown that peppermint oil can speed up how quickly food moves through the stomach, relieving digestive symptoms associated with indigestion.



Chives
Rosmarinus officinalis
'Prostratus

Chives, or *Allium schoenoprasum*, contain nutrients that are important for sleep and bone health. Some research has also linked the chemicals in chives and other allium vegetables with anticancer effects. Vitamins containing includes K 5%, C 2%, A 1%. Health benefits also linked to treatments of cancer, sleep and mood, eye health, inflammation and various other medical conditions.



Oregano
Origanum vulgare

People around the Mediterranean region have used oregano for centuries in herbal medicine to treat many ailments, including: Skins 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.



Rosemary
Rosmarinus officinalis
'Prostratus

Rosemary tea contains compounds shown to have antioxidant, anti-inflammatory, and antimicrobial effects. The two most studied compounds in rosemary are rosmarinic acid and carnosic acid. It also contains compounds that may help lower high blood sugar levels by exerting insulin-like effects and boosting the absorption of glucose into muscle cells. Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory. Both smelling and drinking rosemary tea may offer these benefits, but more research is needed.

