



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: 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.

