



**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.



**Marjoram**  
*Origanum Marjorana*

Marjoram is an aromatic herb long used medicinally to aid digestion and menstruation. It is linked to several benefits, such as reduced inflammation, improved digestive health, and menstrual regulation. You can also drink its tea or take supplements to experience its benefits.



**Calendulas**  
*Calendula officinalis*

Calendula blossoms can be used in cooking—eaten fresh in salads, added to rice, or dried and used as a poor man’s saffron, calendula petals make an ordinary meal seem special. Herbalists use it to make a healing salve for sunburn, chapped lips, minor burns, cuts, and scrapes. Bees and native pollinators are drawn to these flowers, plus calendula repels many pests!



**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.

