



**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.



**Fennel**  
*Foeniculum vulgare*

Fennel contributes to building and maintaining bone structure and strength, and helps lower blood pressure and protect the heart. Fennel contains: phosphorous, zinc, copper, manganese, selenium, niacin, pantothenic acid, folate, choline, beta-carotene, lutein, zeaxanthin, vitamins E & K, as well as these, fennel provides high levels of dietary nitrates and is a natural source of estrogen.



**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, oleanolic acid lemon, and quercetin.



**Genovese Basil or Sweet Basil**  
*Ocimum basilicum*

As a medicinal herb, sweet basil is used to treat digestion and liver problems, to detoxify the body, as a natural anti-inflammatory and anti-depressant, to treat headaches and migraines, and also for wound care and to treat skin conditions. Sweet basil is an ingredient in many natural beauty products. Fresh or dried, basil leaves are an essential ingredient in many Italian, Greek and Asian dishes.



**Sweet Alyssum**  
*Lobularia maritima*

Sweet Alyssum perform best in cool weather conditions and have a wonderfully sweet scent that attracts beneficial pollinators. Alyssum is edible and tastes slightly like kale. Its flowers look very attractive sprinkled in salads, desserts, and even frozen in ice cubes for cocktails.



**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.

