






HERBS & SPICES ANALYSIS

HERB / SPICE	NUTRIENTS	BENEFITS
<p>Garlic</p> 	<p>Calcium. Phosphorus. Potassium. Vitamin C.</p>	<p>One of nature's own antibiotics. Decongestant, Antibacterial.</p>
<p>Ginger</p> 	<p>Calcium. Magnesium. Phosphorus. Potassium.</p>	<p>Good for menstrual cramps. Excellent for convalescence.</p>
<p>Liquorice</p> 	<p>Calcium. Magnesium. Iron. Vitamin B3, Vitamin C.</p>	<p>Good for adrenal function. Diuretic and laxative properties. Assists digestion.</p>

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HERB / SPICE	NUTRIENTS	BENEFITS
<p>Parsley</p> 	<p>Calcium. Sodium. Iron. Vitamin C.</p>	<p>Cleanses blood. Reduces coagulants in veins. Clears kidney stones.</p>
<p>Peppercorn</p> 	<p>Calcium. Magnesium Phosphorus Potassium Manganese.</p>	<p>Digestive stimulant. Antioxidant. Antibacterial.</p>