

KITCHEN HERBS FOR WELLNESS

ANTI-INFLAMMATORY

BLACK PEPPER (*Piper nigrum*) fruit
CINNAMON (*Cinnamomum* spp.) bark
CLOVE (*Syzygium aromaticum*) bud
GARLIC (*Allium sativum*) bulb
GINGER (*Zingiber officinale*) rhizome

GREEN TEA (*Camellia sinensis*) leaf
MARJORAM (*Origanum majorana*) aerial parts
PARSLEY (*Petroselinum crispum*) leaf
ROSEMARY (*Rosmarinus officinalis*) aerial parts
SAFFRON (*Crocus sativus*) stigma
TURMERIC (*Curcuma longa*) rhizome

AROMATIC CARMINATIVE

BASIL (*Ocimum basilicum*) aerial parts
BLACK PEPPER (*Piper nigrum*) fruit
CINNAMON (*Cinnamomum* spp.) bark
CUMIN (*Cuminum cyminum*) seed
FENNEL (*Foeniculum vulgare*) seed
GINGER (*Zingiber officinale*) rhizome

MINT (*Mentha* spp.) leaf
ORANGE (*Citrus* spp.) peel
OREGANO (*Origanum vulgare*) aerial parts
ROSEMARY (*Rosmarinus officinalis*) aerial parts
SAGE (*Salvia officinalis*) aerial parts
THYME (*Thymus vulgaris*) aerial parts

DIGESTIVE BITTER

BLACK TEA (*Camellia sinensis*) leaf
COFFEE (*Coffea* spp.) bean

DANDELION (*Taraxacum officinale*) leaf
ORANGE (*Citrus* spp.) peel
ROSEMARY (*Rosmarinus officinalis*) aerial parts

NERVINE

CORIANDER (*Coriandrum sativum*) seed
CUMIN (*Cuminum cyminum*) seed
FENUGREEK (*Trigonella foenum-graecum*) seed
NUTMEG (*Myristica fragrans*) seed
OREGANO (*Origanum vulgare*) aerial parts

ROSEMARY (*Rosmarinus officinalis*) aerial parts
SAFFRON (*Crocus sativus*) stigma
SAGE (*Salvia officinalis*) aerial parts
THYME (*Thymus vulgaris*) aerial parts
VANILLA (*Vanilla planifolia*) bean