

*Essential Herbs & Spices for a Healthy Kitchen*

	Basil	Black Peppercorn	Cayenne Pepper	Chili Powder	Cilantro	Cinnamon	Cumin	Garlic Powder	Ginger	Italian Seasoning	Nutmeg	Onion Powder	Oregano	Paprika	Parsley	Red Chili Pepper Flakes
Aids in Autoimmune Conditions														✓		
Allergy Fighter						✓										
Allergy Prevention			✓													
Anemia Fighter							✓							✓	✓	
Anti-Fungal			✓			✓			✓						✓	
Anti-Inflammatory	✓	✓				✓		✓	✓	✓			✓	✓	✓	
Antibacterial		✓	✓						✓		✓		✓		✓	
Antibiotic						✓										
Antimicrobial						✓	✓			✓						
Antioxidant	✓	✓		✓	✓	✓	✓	✓		✓		✓		✓	✓	✓
Antiviral						✓										
Anxiety Reducer					✓						✓					
Blood Clot Prevention			✓													
Blood Flow Increased & Oxygenation of Organs										✓						
Blood Pressure Reduction		✓		✓				✓			✓	✓		✓		
Blood Sugar Reduction	✓	✓			✓	✓	✓		✓				✓	✓		✓
Bone Health															✓	
Cancer Cell Growth Inhibitor		✓														
Cancer Risk Reduction																
Cancer-Fighter	✓			✓									✓	✓	✓	
Cholesterol Reduction									✓							✓
Cognitive Function Improvement				✓		✓			✓							
Colon Cancer Risk Reduction								✓								
Combats Obesity		✓														
Dental Health/Freshens Breath						✓										
Detox			✓		✓										✓	
Diarrhea Reliever											✓					
Digestion Health		✓	✓	✓	✓		✓		✓		✓	✓			✓	
Eye Health				✓										✓	✓	
Fever Reducer																
Hair Health				✓												
Heart Health					✓	✓		✓							✓	✓
Heartburn Eliminator		✓														
Hormones Balanced															✓	
Immunity Booster	✓														✓	✓
Insect Repeller													✓			
Kidney Stone Prevention															✓	
Liver Protection	✓															
Low in Sodium												✓				
Memory Improvement										✓						
Menstrual Pain Reduction									✓				✓			
Metabolism Booster			✓							✓						
Migraine Pain Relief			✓													
Muscle Health												✓				
Nausea Treatment									✓							✓
Pain Reduction	✓									✓	✓					
Red Blood Cell Formation				✓						✓						
Skin Health				✓	✓	✓									✓	
Sleep Improvement					✓						✓					
Stomach Cancer Risk Reduction								✓								
Stomach Ulcers Protection									✓							✓
Stress Reduction	✓															
Stroke Risk Reduction												✓				✓
UTI Prevention					✓											
Weight Loss			✓													