

Alexis Defender



Benefits of Alexis Defender

- Help in Cold & Cough
- Sore throat
- Weak Immunity
- Loss of appetite
- Low Energy
- Dull skin
- Stress and Sleep disorder
- Frequent Infection



Very Effective in Asthma



Amazing Benefits of Turmeric



10 Health Benefits of.... Black Cardamom

1. Treats Respiratory Problems
2. Good for Cardiovascular Health
3. Oral Hygiene
4. Treatment of Digestive Problems
5. Urinal Diseases
6. Detoxification Qualities
7. Treats Headaches
8. Prevention of Cancer
9. Flawless Skin
10. Strong and Healthy Hair



Black Pepper Benefits



- Facilitates good digestion
- May aid weight loss efforts
- Enhances bioavailability of other herbs and spices to maximize nutritional benefits

10 Health Benefits of GINGER

- ▶ Supports Healthy Blood Sugar
- ▶ Promotes Healthy Heart
- ▶ Treats Morning Sickness
- ▶ Reduces Joint Pain
- ▶ Reduces Menstrual Pain
- ▶ Supports Healthy Immune Response
- ▶ Settles Upset Stomach
- ▶ Improves Digestive Health
- ▶ Supports Skin Health
- ▶ Improves Mucus Clearing and Coughs



Health Benefits of Cinnamon



- Eases menstrual pain
- Cures morning sickness
- Keeps your skin healthy
- Treats arthritis pain
- Increases good (HDL) cholesterol
- Lowers high blood glucose levels

FENNEL SEED (ANISEED / SAUNF)

Digestive and mouth freshner

Loaded with powerful antioxidants

Boost the immune system

Reduces blood pressure

Aids in detoxification of the body

Contains fiber, folate, potassium, and vitamin C.



fennel seeds



