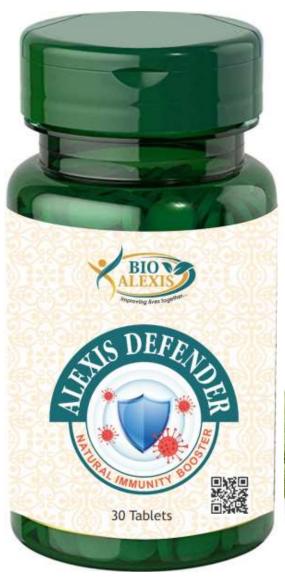
Alexis Defender









Benefits of Alexis Defender

- Help in Cold & Cough
- Sore throat
- Week 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

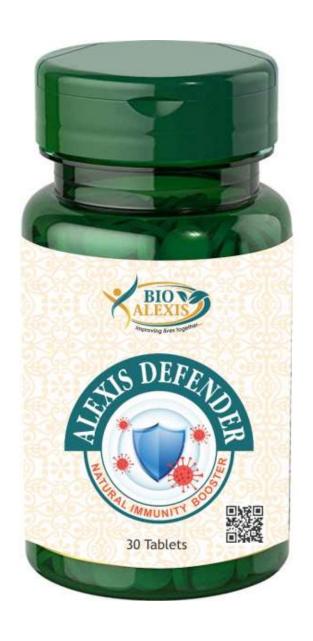
10 Health Benefits of

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





