



# Herbs!



## AND WHAT THEY'RE GOOD FOR!

Rosemary

Rosemary is a rich source of antioxidants, and can help with memory.

Thyme

Thyme is filled with Vitamin C and Vitamin A. It also is a good source of fiber.

Dill

Dill is rich in antioxidants and Vitamin C. It also can help prevent heart issues and cancer.

Basil

Basil is an excellent source of vitamin K, manganese, iron, vitamin A, and vitamin C.

Parsley

The vitamins in parsley may improve bone health, protect against chronic diseases, and provide antioxidant benefits.

Lavender

Lavender can help with anxiety, insomnia, and stress. It is also believed to help with cramps and nausea.

Oregano

Oregano has antioxidants that help prevent cell damage, and it's an excellent source of fiber, vitamin K, and manganese.

Mint

Mint plants offer a range of antioxidant qualities and potential health benefits, especially for people who have irritable bowel syndrome (IBS).

