



**Black Spanish Olive**  
*Manzanillo Olive*

A diet rich in dietary fibre helps maintain bowel health, control blood sugar levels, maintain healthy weight and lower cholesterol levels. Not only this it also provides vitamin E, promotes cardiovascular health. Black Spanish olives are particularly rich in antioxidants, including oleuropein, hydroxytyrosol, tyrosol, oleonic acid and quercetin.



**Salvia (White)**  
*Salvia nemerosa*

Has a stunning display of clear white flowers for a lengthy period in summer. The leaves have been used in Turkish medicine to stop bleeding by applying externally. Flowers attract bees and butterflies.



**Rosemary**  
*Rosmarinus officinalis*  
'Prostratus

Rosemary tea contains compounds shown to have antioxidant, anti-inflammatory, and antimicrobial effects. The two most studied compounds in rosemary are rosmarinic acid and carnosic acid. It also contains compounds that may help lower high blood sugar levels by exerting insulin-like effects and boosting the absorption of glucose into muscle cells. Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory. Both smelling and drinking rosemary tea may offer these benefits, but more research is needed. Compounds in rosemary tea may protect the health of your brain — both from injury and impairment from aging and neurodegenerative diseases.

