

## Dried rosemary



*100% natural and organic Italian product*

**Ingredients:** Organic *Rosmarinus Officinalis* leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** Rosemary was widely used in ancient times for its beneficial effects. It has stimulating and energizing properties and detoxifying effects on the liver.

**Benefits and uses:** Rosemary tea has many beneficial effects.

Not only the respiratory system benefits from its use thanks to its balsamic properties but also metabolic conditions such as diabetes. According to what

the researchers at University of Illinois (USA) suggest, rosemary would reduce concentrations of glucose in the blood.

The strong presence of antioxidants is also associated with a good opposition activity against some types of cancer.

In addition it produces a less skin aging and reduces white hair and hair loss.

Rosemary tea consumption helps the liver to remove toxins.

Some recent studies carried out by researchers at Northumbria University in Newcastle (UK) and Saint Louis University School of Medicine (USA) have shown that rosemary has the ability to stimulate memory and helps prevent Alzheimer's disease.