



PROVEN HERBS THAT CAN HELP

Weight Loss



1. Black Seed

Diuretic; anti-inflammatory; anti-oxidant; anti-fungal; antibacterial; anti-microbial; anti-cancer; 26 fatty acids; 15 amino acid; vitamins B1, B2, B3; l-arginine; selenium; b-carotene; calcium; iron; sodium; potassium.



2. Ginseng

Stimulant; adaptogen; anti-depressant; regulator of blood and cholesterol levels; boosts male virility; memory enhancer; anti-oxidant; vitamins B, B1, B12, D; iron; calcium; magnesium; manganese; copper; zinc.



3. Guarana

Stimulant; diuretic; anti-oxidant; anti-aging; improves memory, moods and attention span; anti-carcinogenic.



4. Hoodia Gordonii

Appetite suppressor.



5. Cayenne Pepper

Thermogenic; analgesic; b-carotene; vitamins A and C; iron; copper; zinc; selenium; potassium; magnesium; manganese.



6. Ginger

Stimulant; thermogenic; anti-inflammatory; anti-spasmodic; anti-oxidant; analgesic; anti-microbial; anti-tumour; vitamins B1, B2, B3, B5, B6, B9, C, E; calcium; iron; potassium; magnesium; manganese; sodium; zinc.



7. Green Tea

Stimulant; anti-oxidant; vitamins B1, B2, B3, B6, C; calcium; iron; magnesium; manganese; potassium; sodium.

by Teresa M
Blending Herbal Tea



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