

Image	Product	Benefits	Uses	Image QR (Pixabay)
	Basil (Dried Leaves)	Rich in antioxidants; supports digestion and has anti-inflammatory properties.	Soups, bread, sauces, seasoning.	
	Peppermint (Dried Leaves)	Soothes digestion, freshens breath; cooling menthol aroma.	Herbal teas, desserts, aromatherapy.	
	Fennel Seeds	Aid digestion, reduce bloating; provide dietary fiber.	Breads, curries, teas, spice blends.	
	Caraway Seeds	Support digestion; mild anise-like flavor with antioxidants.	Bread, cheese, pickles, spice mixes.	
	Coriander Seeds	May help regulate blood sugar; supports digestive health.	Spice blends, curries, marinades.	
	Sesame Seeds	Rich in healthy fats, plant protein, calcium and magnesium.	Bakery products, salads, tahini paste.	



Chamomile (Dried Flowers)

Promotes relaxation and sleep; soothing on the stomach.

Herbal teas, skincare infusions.



Rosemary (Dried)

Aromatic herb that may support memory and digestion.

Roasted dishes, marinades, herbal blends.



Thyme (Dried)

Antibacterial properties; supports respiratory health.

Soups, stews, grilled meats, seasoning.



Oregano (Dried)

Rich in antioxidants; contributes to microbial balance.

Mediterranean dishes, sauces, pizzas.