

# Herb of the Week: **LEMON VERBENA**



## *Health Benefits*



### **STRENGTHENS MUSCLES**

contains antioxidants that lower muscle damage without disrupting muscle mass development and helps lower appetite

### **EASES DIGESTION**

helps reduce stomach bloating and cramping



### **IMPROVES IMMUNITY**

contains antioxidants that lower inflammation and contribute to better overall health



## *Kitchen Tips*

**DRINK IT AS A TEA**

**ADD TO YOUR FAVORITE  
FISH & POULTRY DISHES**

**ADD INTO SALADS**

**ADD INTO JAMS  
& DRESSINGS**

read more about these tips:  
[https://www.organicfacts.net/  
health-benefits/herbs-and-  
spices/lemon-verbena.html](https://www.organicfacts.net/health-benefits/herbs-and-spices/lemon-verbena.html)