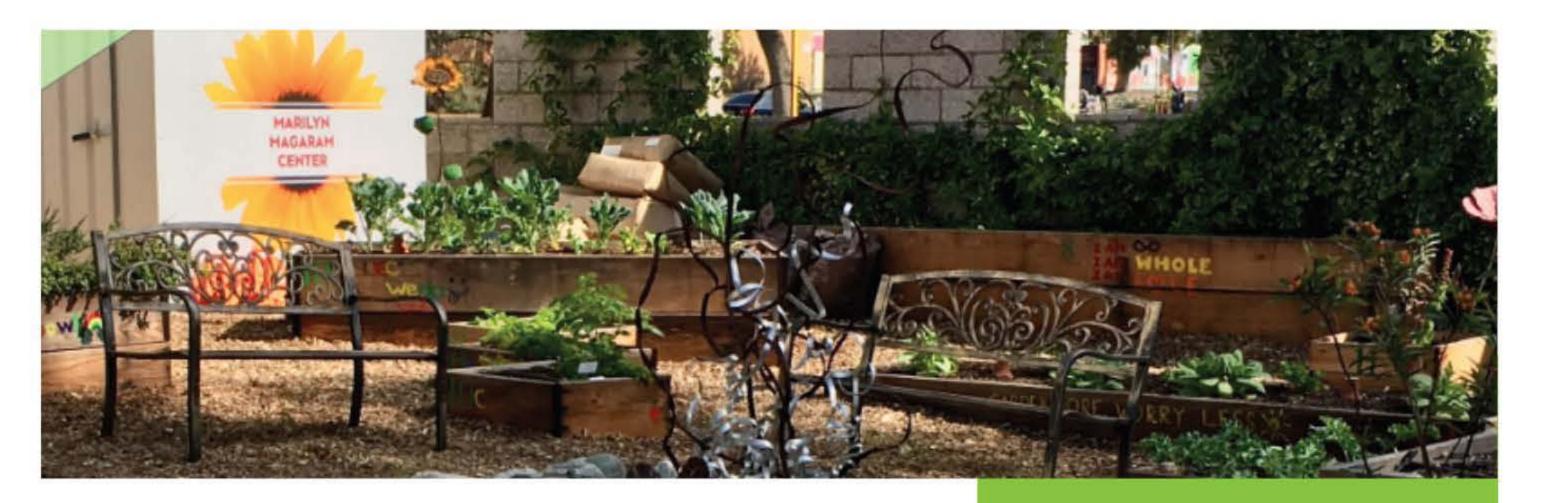
Herb of the Week: LEMON VERBENA



Health Benefits



STRENGTHENS MUSCLES

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



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-andspices/lemon-verbena.html