

TURMERIC

Benefits:

- High Antioxidants
- Healthy Liver and Brain Function
- Supports Healthy Inflammation
- Healthy Skin
- Healthy Joints

OREGANO

Benefits:

- High Antioxidants
- Anti-Fungal - Anti-Bacterial
- Anti-Viral

5 Superfood Spices

for Better Health

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GINGER

Benefits:

- High Antioxidants
- Anti-Inflammatory
- Pain Reducer
- Nausea Reducer

CAYENNE

Benefits:

- Anti-Inflammatory
- Speeds Up Metabolism
- Pain Reliever

CINNAMON

Benefits:

- Anti-Inflammatory
- High Antioxidants
- Fights Heart Disease
- Blood Sugar Stabilizer