

Aloe vera

Antioxidant and antibacterial
Accelerates the healing of burns
Reduces dental plaque
Helps treat canker sores
Reduces constipation
Improve skin and prevent wrinkles
Lowers blood sugar levels



Amla

(Emblis myrobalan)

Promotes Hair Health
May Aid Diabetes Treatment
Helps Lower Cholesterol
Boosts Immunity
Promotes Eye Health
Aids Digestion



Calendula

Effective for varicose veins and gum disease
Anti-inflammatory, anti-microbial
Can significantly boost the appearance of your skin
Prevents Premature Aging
Good for Mouth Health
Improves Digestive System



Cardamom

Digestive
Anti-spasmodic
Carminative
Anti-inflammatory
Anti-microbial
Diuretic



Clove

Anti viral and antibacterial
Reduce inflammation
Improve digestion
Relieve upper respiratory infections



Ginger

(Zingiber officinale)

Reduce Muscle Pain and Soreness
Drastically Lower Blood Sugars
Can Help Treat Chronic Indigestion
Reduce Menstrual Pain
Lower Cholesterol Levels
Can Help Fight Infections



Nutmeg

(Myristica fragrans)

Relieves Pain
Helps Treat Insomnia
Helps Digestion
Treat Bad Breath
Regulating blood circulation and pressure



Saffron

Anti-oxidant
Anti-septic
Anti-convulsant
Anti-depressant



Turmeric

*Anti-bacterial
Reduces the risk of childhood leukemia
Helps in weight management
Reduces insulin resistance
Cures acne
Reduces Cholesterol
Prevents skin damage*



www.shahilab.com

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