



MORINGA



DANDELION



STINGING  
NETTLE



MALABAR  
SPINACH



PURSLANE

# purslane



circulation

reduces wrinkles



weight loss

reduces risk of

heart attacks

lowers cholesterol

reduces inflammation

aids digestion



protects against cancers

prevents atherosclerosis

# Stinging Nettle



detoxing

feminine health

circulation

heart health

fertility

helps respiratory health

# Malabar Spinach



fights heart disease

laxative

weight loss

boosts eyesight

aids with headaches

strengthens bones

helps constipation pass

reduces inflammation

# Moringa



anti-depressant

immune support

anti-oxidant

hair growth

helps anaemia

mental clarity

laxative

healthier skin

# dandelion



lowers blood sugar

laxative

anti-inflammatory

helps the digestive  
and nervous systems

treats  
eczema

lowers blood pressure

strengthens bones



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