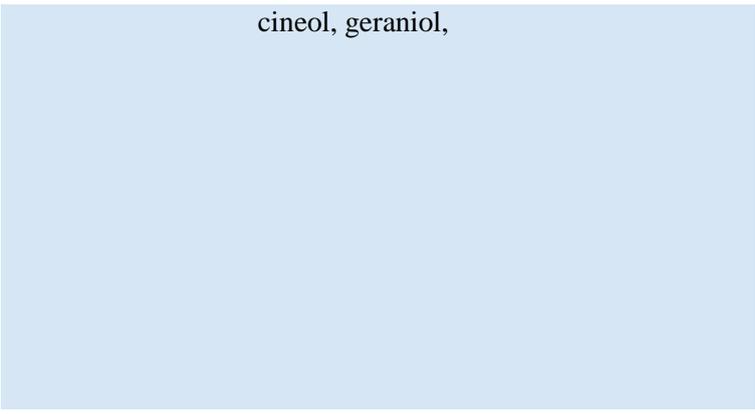




# 5.1. NUTRITIONAL PROFILE

Starting from a p

cineol, geraniol,





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the kidneys and relieving  
burning on urination.  
Relieves cough situations,  
bronchitis, hoarseness, sore  
throat, helps heal ulcers.

**Oregano** Rich in essential oils and vitamins (A,  
B3, C, E and folates) and minerals (Ca,  
K, Fe, P and Mg)



Oregano	Caffeic acid, p-coumaric acid, rosmarinic acid, caffeoyl derivatives, cavacrol, flavonoids
Red pepper	Beta-carotene fruit, beta-sitosterol plant, caffeic acid campesterol, camphene fruit, capsaicin fruit,

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<b>Spice/herb</b>	<b>Scientific name</b>	<b>Antioxidant compounds</b>	<b>Mode of action</b>
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garlic, ginger, basil and cardamom have the ability to transform a simple dish into a sensuous eating

Curry Powder: Use in meats, shellfish, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.