

SEASONING BENEFIT INDEX

In 2011 researchers concluded that diets rich in “antioxidant spices” including cinnamon, may help reduce the body’s negative response to eating high fat meals. Killing bacterial biofilms and actively promote healing. Reducing the risk of cardiovascular disease.

*Based on documented studies and research by both medical and educational establishments (*referenced below). It is suggested that the antioxidant rich ingredients listed of the following seasonings may contribute to the following health benefits.*

SPICE BLENDS (NON-SODIUM)

TACO SPICE - Anticancer effects, reduce inflammation, lower blood sugar, reduce duration of sickness, decrease chance of heart disease, antioxidants, phytonutrients. Increase activity of digestive enzymes. Control cholesterol, promote weight loss, increase metabolism, improve cognitive function.

CRACK ALL-PURPOSE SPICE- Powerful anti-inflammatory, reduce oxidative stress, relieve nausea, improve hemoglobin, anti-cancer properties, improve brain function, fight bacteria and viruses, boost metabolism, help digestion, may help prevent Alzheimer’s and MS, protects T cells, lower blood pressure.

ITALIAN HERB – Rich in antioxidants, helps aching muscles, cramping, helps eliminate free radicals, anti-inflammatory properties, anticancer properties, lowers cholesterol, reduce memory loss due to aging, reduces blood pressure, natural blood thinner. Protect against diabetes, improve bone health. Antimicrobial properties. Decrease LDLs

JERK RUB- Powerful anti-inflammatory, reduce oxidative stress, relieve nausea, improve hemoglobin, anti-cancer properties, improve brain function, fight bacteria and viruses, boost metabolism, help digestion, may help prevent Alzheimer’s and MS, protects T cells, lower blood pressure. Combats viruses, vasodilator, relaxes and widens blood vessels, fight dementia, boost digestion, prevents stomach pain and manages blood sugar levels.

CHURRO DESSERT SUGAR- Powerful anti-inflammatory, reduce oxidative stress, relieve nausea, improve hemoglobin, anti-cancer properties, improve brain function, fight bacteria and viruses

BBQ DRY RUB- Anticancer effects, reduce inflammation, lower blood sugar, reduce duration of sickness, decrease chance of heart disease, antioxidants, phytonutrients. Benefit heart health, increase metabolism, detoxifying properties.

SPICE BLENDS (with Natural Salt)

CITRUS PARMESAN- Rich in protein, lower in lactose, Contains Omega 3s and vitamin K2 Menaquinone. Helps nervous disorders, skin conditions, upset stomach, blood purifying, increases digestive enzymes, fights heart and skin disease.

BADASS SAZON- Powerful anti-inflammatory, may reduce oxidative stress, relieve nausea, improve hemoglobin, anti-cancer properties, improve brain function, fight bacteria and viruses, boost metabolism, help digestion, may help prevent Alzheimer's and MS, protects T cells, lower blood pressure. Reduce LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

BADASS ADOBO- Anticancer effects, reduce inflammation, lower blood sugar, reduce duration of sickness, decrease chance of heart disease, antioxidants, phytonutrients. Increase activity of digestive enzymes. Control cholesterol, promote weight loss, increase metabolism, improve cognitive function. Boost overall health. Reduce LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

FOR THE BIRDS POULTRY RUB- Rich in antioxidants, helps aching muscles, cramping, helps eliminate free radicals, anti-inflammatory properties, anticancer properties, lowers cholesterol, reduce memory loss due to aging, reduces blood pressure, natural blood thinner. Protect against diabetes, improve bone health. Antimicrobial properties. Decrease LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

NATURAL, MINERAL & INFUSED SALTS

SEX ON THE BEACH- Mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 84+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes. Treatment of nervous disorders, skin conditions, treats bites and rashes. Increases digestive enzymes.

SALTY SUNSHINE- Mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes. Treatment of nervous disorders, skin conditions, treats bites and rashes. Increases digestive enzymes.

SMOKE ON THE WATER- Mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

HIMALAYAN PINK- A natural antimicrobial, helps to detoxify and nourish your skin and body, mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 84+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

FLORIDA SAIL- Mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes.

MERLOT SEA- Mineral source, anti-inflammatory, treats diabetes, osteoporosis, decreases LDLs and high blood pressure. Contains 80+ Trace elements. Regulates blood pressure, relaxes muscles, relieves depression, treats darkness under eyes. Reduces the risk of lung cancer, prevents cardiovascular disease, fights against Alzheimer's disease, fights UTI, treats ED and side effects of radiotherapy.

**** Benefits are based on research conducted/written/ reviewed by Dr. Meenakshi, Dr. Heben and team, University of Graz Austria, Fenestra Research Labs- "Optimal Wellness Test", Dr. Barbera Hendel author "Water and Salt, The Essence of Life"**

For more information on the benefits and content of your ingredients visit: MedicalNewsToday.com, Healthline.com, USDA.gov, DrHealthBenefits.com, FacytHealth.com or FitAudit.com