

HERBS FOR HEART HEALTH

Hibiscus:

Rich in antioxidants. May help to lower blood pressure and blood fat levels.

Reishi:

Rich in antioxidants. May help to lower blood sugar and cholesterol.

Hawthorn:

Shown to increase blood flow, improve circulation, and lowers blood pressure. May lower cholesterol.

Fennel:

May reduce risk of certain heart diseases risk factors like high cholesterol. Contain nutrients like magnesium, potassium, and calcium, which help keep your heart healthy.

Find more info at
www.theathomeapothecary.com