



Cherry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Anti-inflammatory, Immunomodulatory

Main Applications

- Relieving pain and inflammation
- Regulating the immune system

Supportive Compounds

- Anthocyanidins
- Melatonin
- Beta-glucosidase

Medicinal Actions

Cherries' **anthocyanidins** inhibit the production of uric acid, thus helping treat gout, and also block pain signals, causing analgesic effects. On the other hand, **melatonin** helps regulate sleep cycles, and **beta-glucosidase** reduces the likelihood of degenerative diseases.

How to Use Cherry

- RAW
- JUICE
- DRIED
- POWDER
- INFUSION
- TINCTURE
- CAPSULES



Did you know?

Sweet cherries are not only **low in calories**, but also a **good source of fiber**, which contributes to promote proper blood sugar metabolism and digestion.

Source: herbazest.com - For informational purposes only.

HerbaZest.



Pomegranate

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antiseptic, Cardioprotective

Main Applications

- Treating gastrointestinal problems
- Supporting cardiovascular health

Supportive Compounds

- Ellagic acid
- Punicalagin
- Pelletierine alkaloids

Medicinal Actions

The antioxidant, antiseptic compounds in pomegranate, namely **ellagic acid**, **punicalagin**, and **pelletierine alkaloids**, protect cells from oxidative damage, prevent the accumulation of arterial plaque (atherosclerosis), inhibit the proliferation of virus and bacteria (e.g. cholera, diarrhea, and herpes simplex), and reduce inflammation in hemorrhoids and gum disease.

How to Use Pomegranate

- RAW
- JUICE
- DECOCTION
- POWDER
- TINCTURE
- SYRUP
- OIL
- CAPSULES



Did you know?

Pomegranate is loaded with **vitamins A, E, and C**, which support **cardiovascular health** and improve iron absorption, making it a great option for **treating and preventing anemia**.

Source: herbazest.com - For informational purposes only.

HerbaZest.



Beetroot

HEALTH BENEFITS

MEDICINAL PROPERTIES

Anti-inflammatory, vasodilator

Main Applications

- Reducing inflammation
- Promoting cardiovascular health

Supportive Compounds

- Betaine
- Nitrate
- Betalains

Medicinal Actions

Betalains are strong antioxidant agents that protect the body from oxidative stress, helping reduce inflammation, whereas **betaine** is crucial for fluids and electrolytes balance, and studies suggest it can help enhance athletic performance. **Nitrate** promotes blood vessels relaxation, lowered blood pressure, and better blood flow.

How to Use Beetroot

- RAW
- COOKED
- JUICE
- INFUSION
- DRIED
- POWDER
- POULTICE
- PICKLED
- LIQUID EXTRACT
- SYRUP
- CAPSULES



Did you know?

Consuming the beetroot in its **raw form**, juiced, in salads or smoothies, is the best way to fully reap its amazing nutritional content. However, **the whole beetroot plant can be consumed**, and a little known fact is that **beet leaves** provide more nutrients than the roots themselves.

Source: herbazest.com - For informational purposes only.

HerbaZest.



Cranberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antibacterial, Antiulcer

Main Applications

- Preventing and treating urinary infections
- Treating stomach ulcers caused by H. pylori

Supportive Compounds

- A-type proanthocyanidins

Medicinal Actions

Cranberry's **A-type proanthocyanidins** (a class of flavonoids) are thought to prevent urinary tract infections by preventing bacteria from attaching to the walls of the urethra and bladder.

How to Use Cranberry

- RAW
- JUICED
- DRIED
- INFUSION
- CAPSULES



Did you know?

Cranberries are well-known for their **vitamin C** (ascorbic acid) content, which **supports immunity and collagen production**, and is partly responsible for their antioxidant, antibacterial properties.

Source: herbazest.com - For informational purposes only.

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