

## “Let food be your medicine, Let medicine be your food.” – Hippocrates

There's nothing like fresh basil to add an incredible kick to just about anything you're cooking. But did you know that in other countries this wonderful spice is also used for its medicinal properties? It contains six different compounds that may reduce blood pressure and possibly ease the symptoms of emphysema and bronchitis. Basil also makes a good insect repellent. So next time you're in the garden and the bugs start biting, rub some on.

- **Source of beta-carotene**
- **Anti-parasite**
- **Immune system**
- **Source of dietary fiber, iron and calcium**
- **Anti-bacterial**



— EARTHTRIBE —  
FARMACY

Quality that demands reverence— Pure, Clean, Organic

### Usage

#### Health applications

Take 1 tablespoon of Yacon with 1/4 teaspoon of your favorite Preventatives product.

#### Pleasure applications

Add in 1/4 teaspoon increments at the end of the cooking process until taste meets your desire. (see website for recipes)

### Ingredients

**Ingredients:** Purified Water, Gum Arabic, Basil Extract, Rosemary Anti-Oxidant.

**No Artificial Flavors, Colors, Chemicals, Preservatives, Yeast, or Alcohol. This product is GMO Free.**