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Rosemary

Health Benefits

Rosemary (*Rosmarinus officinalis*) is a nutrient-rich herb known for its antioxidants, including carnosic and rosmarinic acids, along with natural anti-inflammatory compounds. It is traditionally used to support memory, focus, immune health, digestion, and overall wellness. Rosemary is also popular in hair and skincare for its stimulating and nourishing properties.



KEY BENEFITS



Cognitive Support: May help support memory, alertness, and concentration.



Antioxidant & Anti-inflammatory: Helps protect cells from oxidative stress and supports a healthy inflammatory response.



Immune Support: Traditionally valued for natural antibacterial and wellness-supporting properties.



Digestive Aid: Commonly used to ease gas and support digestion.



Hair & Skin Health: Often used in oils and rinses to support healthy hair and skin.



Stress Relief: Used in aromatherapy to promote calm and mental clarity.



COMMON USES



Culinary: Fresh or dried in cooking



Tea: For digestion and antioxidant support



Essential Oil: Used for focus, hair care, and skincare

PRECAUTIONS

Generally safe in normal food amounts. Concentrated supplements or large amounts should be used cautiously, especially during pregnancy, breastfeeding, or with certain health conditions. Excessive use may cause stomach upset or spasms in some people.



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