



BAY LEAF

Health Benefits



RICH IN ANTIOXIDANTS

Bay leaves contain antioxidants that help protect cells from oxidative stress and support overall wellness.



SUPPORTS DIGESTION

Bay leaf has traditionally been used to help ease bloating, indigestion, and stomach discomfort.



MAY HELP SUPPORT BLOOD SUGAR BALANCE

Some studies suggest bay leaf may help support healthy blood sugar levels when combined with a balanced diet and healthy lifestyle.

SUPPORTS HEART HEALTH

Bay leaves contain compounds that may support healthy cholesterol and cardiovascular function.



NATURAL ANTI-INFLAMMATORY PROPERTIES

Bay leaf contains plant compounds that may help reduce inflammation in the body.



SUPPORTS IMMUNE WELLNESS

Its natural antibacterial and antimicrobial properties may help support immune health.



AROMATIC STRESS RELIEF

The warm herbal aroma of bay leaf is often used in traditional herbal practices for relaxation and calming.



BAY LEAF CULINARY USES

Bay leaves are commonly added to:



SOUPS



BEEF STEW



CHICKEN DISHES



RICE



BEANS



SPAGHETTI
SAUCE



SLOW COOKER
MEALS



BROTHS &
STOCKS

Bay leaves are usually removed before serving because the leaves remain tough after cooking.



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— by Cheryl Jabz —

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