

Health Benefits of Balsamic Vinegars

- Protects the heart from heart disease and cancers
- Improves immune system
- Guards against harmful radicals
- Suppresses the body appetite
- Rich in potassium, manganese, calcium and iron
- Regulates blood sugar
- Helps strengthen bones
- Anti-viral and antibacterial qualities
- Reduces acne
- Prevents anemia
- Reduces inception of headaches

Health Benefits of Extra Virgin Olive Oil

- Extra Virgin Olive Oil is a super food
- Rich in Vitamins A, B1, B2, C, D, E, K, and Iron
- Lowers harmful LDL Cholesterol
- Decreases risk of cardiovascular disease
- Reduces high blood pressure
- Lowers triglyceride levels
- Dissolves clots in capillaries
- Lessens the severity of asthma and arthritis
- Is a natural anti-inflammatory (same ingredient as found in ibuprofen)
- Reduces risk of Alzheimer's disease
- Inhibits the growth of some cancers
- Aids in digestion and controls blood sugar levels
- Helps to maintain a lower body weight
- Treats urinary and bladder infections
- Fights against acne, psoriasis and eczema