

Informations



Rosemary is one of the most known aromatic plants. Very much appreciated both in the kitchen and as a natural remedy, the properties of the *Rosmarinus officinalis* make it usable against a wide variety of disturbs. It has great benefits, among others, for the wellness of the upper respiratory tract.

Rosemary belongs to the Labiate family and its flowers, blue-purple toned, the leaves and the branches are its most used parts. Rosemary can grow up to 2 meters in height and its properties were already known in ancient Egyptian times.

Features

Rosemary contains a wide spectrum of essential oils, such as eucalyptol, which gives to this plant aromatic and balsamic properties, alpha and beta pinene, borneol, camphor, cineol, diterpenes, triterpenes and linalool.

Good quantities of antioxidants, such as rosmarinic acid (polyphenol) and some other phenolic acids, choline, vitamin C and tannins can be found.