Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

**SALAD GREENS**

**HEALTHY FACTS**

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**Echinacea**

*Scientific name: Echinacea  
Spanish name: Equinácea*

- Echinacea contains flavonoids, oils, polysaccharides, phenols (cichoric, caffeic, and caftaric acids and echinacoside), and alkylamides.

- Phenols have many anti-inflammatory and anti-clotting qualities and it is phenols that are believed to make olive oil such a beneficial thing to consume.

- Echinacea also contains polysaccharides which can improve mood via the production of feel good hormones as well as helping to improve cardiovascular health and crucially immunity.

- It also contains copper, iron, iodine, potassium, and vitamins A, C, and E.

- Due to this combination of ingredients Echinacea works as a natural antibiotic, which can suppress viruses’ activity and promote immune stimulating effect through the activation of T-cells (immune system natural bacteria killers).

- **Echinacea is an immune booster and it helps the body resist and fight the illnesses, making it stronger.** People who take Echinacea tend to fall ill less often, experience milder symptoms, and recover sooner.

- The diseases, against which Echinacea is a strong helping hand, are respiratory problems, bronchitis, sore throat, enlarged prostate glands, urinary tract infections, vaginal yeast (candida) infections, ear infections (otitis), sinusitis, hay fever (allergic rhinitis).

- Topically it can help heal eczema, psoriasis, and slow-healing wounds. Echinacea is added to anti-hemorrhoids medications; it is also a mighty skin protector from the sun damage.

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**BEAUTIFUL SALAD GREENS // HIGHLY NUTRITIOUS**

**SAME-DAY HARVEST // CLEAN & NATURAL // PESTICIDE FREE**

**TAILORED TO YOUR PALETTE // GREAT TASTE**

**DELIVERED TO YOUR DOOR!**

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