Table 1: A food recipe made of several aromatic and medicinal plants, mixed to almonds, honey, argan oil and olive oil. Some of the ingredients (almonds, sesame seeds, linseeds, Nigella sees) are roasted over low heat for 10 minutes, as indicated in Methods. 100 grams is the recommended daily serving for a rational consumption.

Components	Weight (gram)	% composition	Weight / 100 gram serving
almonds	500	18.79	18.79
Sesame seeds	500	18.79	18.79
Linseeds	500	18.79	18.79
Cinnamon powder	100	3.76	3.76
Nigella seeds	50	1.88	1.88
Cloves	10	0.37	0.37
Argan oil	500	18.79	18.79
Olive oil	200	7.51	7.51
Honey	300	11.28	11.28