



AYURVEDIC HERBS

ORGANIC

Brown Mustard seed

(Brassica nigra)



Suggested use: Heat $\frac{1}{4}$ teaspoon in an oil of your choice until the seeds begin to pop. Remove from heat, use as desired.

Dietary Supplement

Supplement Facts

Serving Size: $\frac{1}{4}$ tsp

Amount Per Serving

Brown Mustard seed whole (Brassica nigra)⁺ 1/4 tsp**

⁺ Certified Organic

**Daily Value Not Established

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Certified Organic by New Mexico Department of Agriculture

