

BANYAN[®]
BOTANICALS
AYURVEDIC HERBS

ORGANIC

Brown Mustard seed

(Brassica nigra)



Suggested use: Heat ¼ teaspoon in an oil of your choice until the seeds begin to pop. Remove from heat, use as desired.

Dietary Supplement

Supplement Facts

Amount Per Serving

Serving Size: ¼ tsp

Brown Mustard seed whole (Brassica nigra)⁺

1/4 tsp**

⁺ Certified Organic

**Daily Value Not Established

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www.banyanbotanicals.com 1-800-953-6424
Certified Organic by New Mexico Department of Agriculture

