

BANYAN[®]
BOTANICALS

Cardamom POWDER

(*Elettaria cardamomum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1 lb • 454g



Cardamom powder

Supports comfortable digestion and balanced stomach acid levels*

Promotes a healthy appetite and fresh breath*

Promotes healthy elimination of mucus*

Supports healthy lungs and clear breathing*

Cardamom (*Elettaria cardamomum*) is an aromatic spice that awakens the appetite and supports healthy digestion without aggravating pitta. It supports balanced stomach acid levels and the downward flow of energy in the GI tract. This helps pacify vata and pitta and promotes a comfortable post-meal experience. Cardamom removes excess kapha from the stomach and supports healthy mucus levels in the body. It also eliminates kapha from the lungs, supporting clear, comfortable breathing. In *The Yoga of Herbs*, Doctors Lad and Frawley write that cardamom "stimulates the mind and heart and gives clarity and joy."*

Suggested Use: ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serv Size: ½ tsp Servings: 160

Amount Per Serving

Cardamom seed	½ tsp**
<i>Elettaria cardamomum</i> +	

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

Banyan Botanicals
Albuquerque, NM 87113 USA
banyanbotanicals.com | 1-800-953-6424
Certified Organic by New Mexico
Department of Agriculture



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