

BANYAN
BOTANICALS

Coriander SEED

(*Coriandrum sativum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Net Weight
1 lb - 454g



Coriander seed

Strengthens the digestive fire without aggravating pitta*

Supports proper function of the kidneys and urinary tract*

Cools and soothes the GI tract*

Eliminates excess heat promoting menopausal comfort*

Coriander (*Coriandrum sativum*) is one of the best herbs for supporting digestion without aggravating pitta. It enkindles the digestive fire while simultaneously cooling and soothing the GI tract. It removes excess heat in the body making it useful in cooling pitta-related imbalances associated with menopause. It also supports proper function of the kidneys and healthy urination. The seeds combine well with cumin and fennel to make an excellent digestive tea.*

Suggested Use: Steep 1 teaspoon per one cup of hot water and strain. Drink tea once or twice daily, or as directed by your health practitioner. You may also use as a culinary spice.

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: 1 tsp Servings: 172

Amount Per Serving

Coriander seed 1 tsp**
*Coriandrum sativum**

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by New Mexico
Department of Agriculture



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