

BANYAN
BOTANICALS

Cumin POWDER

(*Cuminum cyminum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Net Wt 5.00 lb (2.27 kg)
1 lb • 454g



Cumin powder

Enkindles the digestive fire*

Promotes healthy absorption and elimination of natural toxins from the GI tract*

Helps digest natural toxins*

Calms vata in the lower abdomen and promotes a comfortable post-meal experience*

Cumin (*Cuminum cyminum*) is one of the best herbs for supporting healthy digestion without aggravating pitta. A common household spice, its Sanskrit name literally means "promoting digestion." In addition to providing flavor to food, cumin enkindles the digestive fire, promotes healthy absorption, and eliminates natural toxins in the GI tract. The seeds are often chewed after meals and are especially useful for calming excess vata in the lower abdomen and in promoting a comfortable post-dining experience.*

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: 176

Amount Per Serving

Cumin seed powder ½ tsp**
*Cuminum cyminum**

*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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