

BANYAN  
BOTANICALS

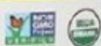
# Cumin SEED

(*Cuminum cyminum*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1 lb • 454g



## Cumin seed

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:** 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: 94

#### Amount Per Serving

|                          |         |
|--------------------------|---------|
| Cumin seed               | 1 tsp** |
| <i>Cuminum cyminum</i> + |         |

+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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