



Fennel seed

Enkindles the digestive fire without aggravating pitta*

Supports a comfortable post meal experience*

Supports healthy urination and soothes the urinary tract*

Calms and soothes the nerves and muscles*

Fennel (*Foeniculum vulgare*) is an excellent herb for supporting a healthy, comfortable digestive experience. It is especially useful for strengthening the digestive fire without aggravating pitta. The roasted seeds are commonly served post meal in Indian restaurants to support digestion and to freshen the breath. Fennel combines well with cumin and coriander and makes a great digestive tea. It also soothes the urinary tract and promotes healthy urination.*

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: 100

Amount Per Serving

Fennel seed

1 tsp**

Foeniculum vulgare+

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by New Mexico
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