

# Brown Mustard

## SEED

(*Brassica juncea*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1/2 lb • 227g



## Brown Mustard seed

Heating spice that promotes digestion\*

Enkindles the digestive fire\*

Common cooking spice

Brown Mustard seeds (*Brassica juncea*) are a common culinary spice used to add a digestive kick to a variety of recipes. The mustard seed is hot, pungent, and oily, which makes it ideal for stimulating the digestive fire and balancing vata and kapha, but possibly too heating for pitta. These tiny brown seeds are best when sautéed with complementary spices like turmeric, cumin, and coriander. Just when the seeds begin to pop, add in your chopped vegetables for a flavorful stir-fry. Brown mustard seeds are one of the ingredients in Kitchari Spice Mix and they are a great addition to dals and beans, as well as soups and stews. When ground, the pungent and earthy flavor of brown mustard seeds adds a delicious complexity to spice blends, marinades, salad dressings, and homemade sauces.

**Suggested Use:** Heat ¼ teaspoon in an oil of your choice until the seeds begin to pop. Remove from heat, use as desired.

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.



Sustainably Sourced

Fairly Traded

**Banyan Botanicals** was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.



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### Supplement Facts

Serv Size: ¼ tsp Servings: 259

Amount Per Serving

**Brown Mustard seed** ¼ tsp\*\*  
*Brassica juncea*\*

+Certified Organic

\*\*Daily Value Not Established

Lot No. XXXXXX

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