

Coriander SEED

(*Coriandrum sativum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1/2 lb • 227g



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 kindles 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.



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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your path to
well-being

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Supplement Facts

Serv Size: 1 tsp Servings: 153

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: OAI



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