

Cumin SEED

(*Cuminum cyminum*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1/2 lb • 227g



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.



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.

Rev. 03



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well-being

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Supplement Facts

Serv Size: 1 tsp Servings: 100

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: QAI



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