

Product Details

Methi

Commonly known as Methi, is an annual herb native to the Mediterranean region but widely cultivated around the world. The seeds are particularly valued for their nutritional content and medicinal properties. Fenugreek seeds are rich in fiber, vitamins, and minerals while exhibiting anti-inflammatory effects that support digestive health and regulate blood sugar levels.



Trigonella foenum-graecum

Fenugreek

Active Ingredients

30% Saponins

Part Used: Seeds



Ratio: 10:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Methi, commonly known as Trigonella foenum-graecum, is a general herb used over the centuries in traditional medicine to treat various health conditions. It is well-recognized for its benefits within digestion, metabolism, and hormonal balance. The herb assists in many ways: regulating blood sugar levels, hence very helpful in managing diabetes; it helps improve digestion, reduce bloating, and acidity, thus helping in maintaining a healthy gut. Additionally, methi seeds have been known to stimulate milk production in lactating mothers. It helps in weight management by improving metabolism and reducing appetite. The benefits it extends to hair include no hair fall and an increase in hair growth. Methi regulates hormonal imbalance, especially during menopause.

Form: Powder*

* Soft/Paste form also available

Size: 1kg, 5kg, 25kg

Packaging Type: HDPE Drum

Country of Origin: India

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Premium Botanical Extracts,
For Over **25+ years**

LET'S TALK

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