

Product Details

Pudina

Pudina (*Mentha viridis*), popularly known as Spearmint, is a fragrant perennial herb from the Lamiaceae family. It thrives in temperate and subtropical regions and is widely grown for its culinary and medicinal value. The plant is recognized by its bright green, lance-shaped leaves, square stems, and small lilac to pink flowers arranged in slender spikes. Known for its refreshing aroma and flavor, Pudina is commonly used in teas, food preparations, and traditional healing practices.



Mentha viridis

Spearmint

Active Ingredients

Part Used: Leaves



Ratio: 10:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Pudina is valued in Ayurveda for its cooling, digestive, and calming properties. It aids in relieving indigestion, bloating, nausea, and respiratory congestion. With natural antimicrobial and anti-inflammatory actions, it helps maintain oral hygiene and supports immunity. Rich in antioxidants, it also promotes healthy skin, eases stress, and refreshes the body, making Pudina a versatile herb for everyday wellness and therapeutic use.

Form: Powder*

* Soft/Paste form also available

Size: 1kg, 5kg, 25kg

Packaging Type: HDPE Drum

Country of Origin: India

Your Trusted Source For
Premium Botanical Extracts,
For Over **25+ years**

LET'S TALK

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