

Product Details

Saunf, Variali

Foeniculum vulgare, commonly known as Fennel or Saunf, is a flowering plant species native to the Mediterranean region but widely cultivated around the world. The seeds are aromatic and have been traditionally used in culinary applications as well as herbal medicine due to their digestive benefits and antimicrobial properties.



Foeniculum vulgare

Fennel

Active Ingredients

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Part Used: Seeds



Ratio: 08:01 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Saunf or fennel, is one of the oldest herbs employed for medicinal purposes. It acts as a digestive, carminative, and coolant, which helps in several ways. The herb helps in digestion by eradicating bloating of the stomach, gas trouble, and indigestion. Its expectorant properties help in the clearance of respiratory congestion and soothes the throat. Saunf is especially useful to nursing mothers, as it promotes lactation. It also helps to regularize the balance of hormones, detoxify the body, and keep the liver and kidneys healthy. Saunf can help in reducing fat by curbing appetite and increasing metabolism. Being a cooling spice, it relieves acidity and comforts digestion easily.

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

ANJUM EXTRACTION PVT. LTD.

Factory Address:
Village Facher, Tehsil Nimbahera,
District Chittorgarh-312 620 (Raj.)

Mobile : +91 98873 44111, 78916 00000 (Only Whatsapp)
work@anjumextraction.in

www.anjumextraction.in



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