

Product Details

Sonth

Commonly known as Ginger or Adrak, is a flowering plant native to Southeast Asia known for its aromatic rhizome widely used as a spice in cooking as well as a medicinal herb. Ginger has been utilized for centuries due to its anti-inflammatory properties that aid digestion while providing relief from nausea and motion sickness.



Zingiber officinale

Ginger, Ginger root

Active Ingredients

5% Gingerols

Part Used: Rhizome



Ratio: 8:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Sonth, also known as dry ginger, is a multifaceted herb in high demand for its general therapeutic efficiency. It helps digestion by curing bloating, gas, and indigestion for better gut health. Besides aiding digestion, sonth provides respiratory benefits, where it can help clear mucus and reduce cough, cold, and bronchitis symptoms. Its anti-inflammatory nature makes it a very efficient medicine for arthritis and many other inflammatory diseases.

In addition, sonth can serve the purpose of maintaining body weight by increasing metabolism and thereby fat burning. When immunity gets reinforced and nausea is reduced, this herb becomes one of the holistic curatives in traditional medicine on a wide range of health issues.

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

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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