

Product Information

Jeera, Safed jira

Jeera, Safed jira is an annual herb native to the eastern Mediterranean and South Asia. The seeds are widely used as a spice in cooking and have been valued for their medicinal properties for centuries. Cumin is known for its digestive benefits and antimicrobial effects, making it a staple in various cuisines and traditional medicines.



Cuminum cyminum

Cumin

Active Ingredients

Dry Powder Extract

Active: -

Ratio: 7:1

Soft Paste Extract

Active: -

Ratio: 5:1

Part Used: Seeds



Medicinal Uses

Cuminum cyminum is traditionally used in Ayurveda for its medicinal properties. This spice is highly recognized for its carminative, antimicrobial, and antioxidant properties, which thereby serve useful in digestion. It alleviates bloating, gas, and acidity, thus helping in healthy digestion. Other than the digestive benefits, jeera regulates blood sugar levels, hence acting as a useful tool in managing diabetes. The antioxidants fight against oxidative stress and build up the immunity. It improves lactation in lactating mothers, and its metabolic-enhancing properties are helpful for maintaining weight. Jeera helps in detoxification and enhances the absorption of nutrients in the body.

Purity: 100%

Shelf Life: 36 Months

Size: 1kg, 5kg, 25kg

Country of Origin: India

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

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