

## Product Information

### Saunf, Variali

Saunf, Variali 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

##### Dry Powder Extract

Active: -  
Ratio: 8:1

##### Soft Paste Extract

Active: -  
Ratio: 5:1

Part Used: Seeds



#### Medicinal Uses

Foeniculum vulgare 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.

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**

**LET'S CONNECT**

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Rooted in Nature, Backed by Science