

Product Information

Sonth

Sonth 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

Active Ingredients

Dry Powder Extract

Active: 5% Gingerols
Ratio: 8:1

Soft Paste Extract

Active: 3% Gingerols
Ratio: 5:1

Part Used: Rhizome



Medicinal Uses

Zingiber officinale 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.

Purity: 100%
Shelf Life: 36 Months
Size: 1kg, 5kg, 25kg
Country of Origin: India

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Premium Botanical Extracts,
For Over **25+ years**

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Rooted in Nature, Backed by Science