

UK Product Name Immunity Spice Mix **Code Name** SIMMUN
Availability Stock item in UK

Description This anti-oxidant rich blend contains several spices renowned for their immune support especially turmeric, coriander and cumin. Fennel, ginger, black pepper and cinnamon support various aspects of digestion and assimilation of nutrients, the basis of good health.

Add flavour and balance with spices

Spices are not just great flavour-enhancers, they come with therapeutic properties as well. Our Churnas are precise blends of spices and seasonings that include all six ayurvedic tastes. Sauté the Churna in Ghee and add to your dishes, add some to soups, stews and sauces as they're cooking or sprinkle over prepared vegetables or rice at the table. Convenient, and mouth-wateringly delicious!
 Spice Wise

The exotic colours and heady aromas of spices can elevate an ordinary dish into a sublime feast for the sense of sight, smell and taste. What's more, most spices also come with therapeutic properties, so every meal that includes spices can become an experience in enhancing health and well-being. Ayurveda, the ancient system of healing from India, has been singing the praises of spices as "wonder-foods" for thousands of years. Spices are ingredients in many synergistic ayurvedic herbal formulations, and an ayurvedic expert, when giving you advice, is as likely to recommend specific spices to include in your diet as to suggest herbal supplements for you to take.

Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good for enhancing Agni, the digestive fire, without aggravating Pitta

☐☐ Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, maintain resistance to allergies, stimulate digestion, boost immunity and enhance the complexion. It is also an anti-oxidant.☐☐

☐☐ Coriander balances all three doshas and is highly appreciated in Ayurveda. It is a cooling spice and contributes the sweet and astringent tastes. Ayurvedic texts suggest that it is good for digestion, whets the appetite, helps maintain resistance to allergies and also helps purify the blood.

☐☐ Cumin balances all three doshas. It especially helps enhance digestion and is an effective toxin-hunter.

Black Pepper is an important spice for maintaining health. It has cleansing and antioxidant properties, and it is a bioavailability enhancer -- it helps transport the benefits of other herbs to the different parts of the body. It helps the free flow of oxygen to the brain, helps enhance digestion and circulation and stimulates the appetite.

Dried ground ginger is a warming spice, contributing the pungent taste. It is useful in aiding digestion, enhancing appetite and maintaining the health of the stomach. Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good for enhancing Agni, the digestive fire, without aggravating Pitta.

Cinnamon bark is often used in Ayurvedic herbal preparations to enhance the bio-availability of other herbs. It is a warming spice, and contributes the sweet, pungent and bitter tastes. It is excellent for pacifying Kapha and good for balancing Vata also. Individuals trying to balance Pitta can also consume cinnamon, but in relatively smaller quantities. Cinnamon is used to balance the digestion and maintain the health of the digestive system.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Foeniculum vulgare ssp capill	Sweet Fennel		1	29.7	297.0
Curcuma longa Linn.	Turmeric		1	29.7	297.0
Coriandrum sativum Linn.	Coriander		3	14.8	148.0
Cuminum cyminum Linn.	Cumin		3	14.8	148.0
Piper nigrum Linn.	Black Pepper		5	4.9	49.0
Zingiber officinale bio	Bio ginger		5	4.9	49.0
Cinnamomum zeylanicum Bl	Cinnamon		7	1.2	12.0

Contraindications/Precautions None

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions None known

Usage

Age Group All

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Availability	Stock item in UK		
Dosage Form	powder		
Method of Use	For use mainly with savoury food. IDEALLY first sauté the spice mix and then add it to food while it is cooking. OR 2) sprinkle the mix on food during cooking or at meal times.		
How Long to Continue Use?	As required		
Specific Dietary/Lifestyle Advice			
Presentation			
Presentation	150 grams in a white HDPE pot with t/e lid		
Net Weight grams	150		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	24		
Regulatory Status	Food		