

UK Product Name	Cholesterol Balance Spice Mix	Code Name	SCHOL
Availability	Stock item in UK		
Description	<p>Supports digestion by supplying a variety of tastes. Helps keep fat metabolism and cholesterol levels in balance</p> <p>Add flavour and balance with spices</p> <p>Spices are not just great flavour-enhancers, they come with therapeutic properties 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 at the table. Convenient, and mouth-wateringly delicious!</p> <p>Spice Wise</p>		

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.

- Cumin is said to balance all three doshas. It especially helps enhance digestion and is an effective toxin-hunter

- 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.

- Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice 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.

Fenugreek is an appetizer and balances gas production. It helps maintain regularity and supports digestion, especially of fats.

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.

- 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.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Foeniculum vulgare Mill	Sweet Fennel	seed	1	24	240.0
Cuminum cyminum Linn.	Cumin	seed	1	24	240.0
Coriandrum sativum Linn.	Coriander	seed	1	24	240.0
Curcuma longa Linn.	Turmeric	rhizome	4	12	120.0
Trigonella foenum-graecum L	Fenugreek	seed	5	8	80.0
Zingiber officinale Rosc.	Ginger	rhizome	6	4	40.0
Piper nigrum Linn.	Black Pepper	fruit	6	4	40.0

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
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	

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Availability	Stock item in UK		
Presentation			
Presentation	150 grams in a white HDPE pot with t/e lid		
Net Weight grams	150		
Storage	Store in a cool, dry place, tightly closed		
Shelf Life (months)	24		
Regulatory Status	Food		