

UK Product Name	Pure Hingu/Asafoetida	Code Name	HINGU
Availability	Stock item in UK		
Description	Hing (asafoetida) is considered good for the appetite and digestion. It is a warming spice that pacifies Vata and contributes the pungent taste. This product is pure hing resin with no wheat flour mixed in..		

**Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Ferula narthex Boiss.	Asafoetida	exudate	1	100	

Contraindications/Precautions	None
Over dose and its Management	NA
Side Effects and Interactions	None known

**Usage**

Age Group	All
Dosage Form	powder/granules
Method of Use	Add to food during cooking or to lassi. Use sparingly.
How Long to Continue Use?	As required
Specific Dietary/Lifestyle Advice	

**Presentation**

Presentation	50g in HDPE pot with foil seal
Net Weight grams	50
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24

Regulatory Status	Food
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