



Jeera Powder

- **Made from Cumin Seeds (*Cuminum cyminum*)**

Ground from high-quality cumin seeds, ensuring the preservation of its distinct aroma and flavor.

- **Boosts Bile Production**

Helps increase bile secretion, aiding in better digestion and nutrient absorption.

- **Rich Source of Iron**

High in iron, helping combat iron deficiency and supporting overall blood health.

- **Beneficial for Women During Menstruation**

Known to ease menstrual cramps and regulate menstrual cycles due to its soothing properties.

- **Helps Cure Diabetes**

Contains compounds that may help manage blood sugar levels, benefiting people with diabetes.

Use : **Adds aroma and flavor to dishes.**



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- **Reduces Inflammation**

Its anti-inflammatory properties can help alleviate symptoms of inflammatory diseases.

- **Promotes Healthy Digestion**

Aids in digestive health by reducing bloating, gas, and indigestion.

- **Rich in Antioxidants**

Fights oxidative stress and supports the immune system with its antioxidant content.

- **Supports Weight Loss**

Known to boost metabolism and improve fat-burning processes, aiding in weight management.

- **Enhances Skin Health**

Helps reduce skin irritation and inflammation, promoting a clear and healthy complexion.

Use : **Adds aroma and flavor to dishes.**