

DIGESTIVE PITTA-BALANCING HERBS

Coriander

Soothes digestion, cools the stomach, and reduces excess acidity.

Fennel

Calms heat in the digestive tract, relieves bloating, and promotes comfort.

Cumin

Supports digestion by balancing excess heat and enhancing appetite.

Licorice

Soothes and coats the stomach lining, offering a cooling effect.

Aloe Vera

Naturally cools and cleanses the digestive system.

Mint

Refreshing and calming for the stomach, reduces acidity, and relieves discomfort.

Amalaki (Indian Gooseberry)

Cools and strengthens digestion while reducing inflammation.

Cardamom

Enhances digestion, balances heat, and soothes the stomach.

Shatavari

Known for its cooling and nourishing properties, supports digestion and overall well-being.

Turmeric

Balances Pitta while aiding digestion and soothing inflammation.

