



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

Coriander

Its strong antibacterial properties make coriander a real natural antibiotic, an effective remedy against the most resistant bacteria. Another important property of coriander is, its antispasmodic and digestive capacity, it is therefore a perfect remedy in case of abdominal swelling, aerophagia, stomach difficulties, irritable colon, and also diarrhea. Thanks to these properties, the spice is also excellent for combating inappetence. Coriander also stimulates the nervous system and works as a tonic against the sense of fatigue and apathy. Much of its properties are due to the presence of substances useful to our body such as Vitamins, Mineral salts and Fibers, as well as antioxidants, essential oils and more.

Summerizing Coriander :

- Antispasmodic
- Digestive
- Natural antibiotic
- Absorbs intestinal gas
- Fights inappetence
- Stimulates the nervous system
- Tonic against fatigue
- Rich in Vitamins, minerals and Fibers
- Chelator of heavy metals

Coriander seeds with a slight lemon flavour, are more used to prepare sausages, pickles, or as natural remedies, together with other spices, the seeds are used to prepare Curry powder and Garam masala, famous blends of well known spices. Mainly used in india

As a natural remedy, coriander tea is used in particular, useful again meteorism, as a digestive but traditionally also used to combat headaches. Preparing it is very simple: You need a tea spoon of Coriander Seeds or Powderd coriander to be left to soak for about 5minutes in a cup of boiled water. Drink after filtering and letting cool

Coriander in cooking can be used on

- Soups
- Vegetables / Meats / Fish
- Inside a mix spices