



## PUKKA SEVEN SEEDS

(heter nu After Dinner)

An excellent combination of delicious herbal spices that have a long traditional use in Ayurveda for digestive bloating, flatulence and constipation from nervous indigestion.

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### DESCRIPTION / ADDITIONAL INFORMATION

#### Product Description

Formerly Called Asafoetida Plus.

An excellent combination of delicious herbal spices that have a long traditional use in Ayurveda for digestive bloating, flatulence and constipation from nervous indigestion, imbalanced intestinal flora and pre-menstrual constipation. Also helps to assist assimilation of nutrients. Asafoetida is also known as 'hing' in India and is held in high esteem for its relaxing and soothing effect on the whole system.

Seven Seeds is a powerful blend of organic seeds, ginger and asafoetida to help improve the assimilation of nutrients from food and supports the digestive system. daily use Take 2 capsules up to 3 times a day with water or Pukka Organic Aloe Vera Juice before food.

Seek professional advice during pregnancy.

100% organic, ethically sourced, suitable for vegetarians and vegans.