Creative Enzymes®

Ajwain seed extract (Trachyspermum ammi)

Cat. No. EXTZ-104

Lot. No. (See product label)

Introduction

Description	Ajwain, ajowan or carom, trachyspermumammi, is an annual herb in the family apiaceae. Both the leaves and the seed-like fruit (often mistakenly called seeds) of the plant are consumed by humans. Ajwain seeds are one of the traditional spices commonly featuring in Indian and Middle-Eastern cuisine. It may act as a calcium-channel blocker and help lower blood pressure levels and may help fight peptic ulcers and improve indigestion. Ajwain seed powder and extract in high doses may reduce elevated cholesterol and triglyceride levels.

Product Information

Form	powder