

# CILANTRO

Fresh Herb Traditionally Used for Culinary & Herbal Wellness Support



Botanical Name: Coriandrum sativum  
Common Names: Cilantro, Coriander Leaf  
Plant Family: Apiaceae

Cilantro is a vibrant culinary herb traditionally valued around the world for its refreshing flavour and role in wellness and nourishment traditions.  
Our cilantro is carefully sourced for freshness, aroma and quality.

## TRADITIONALLY USED FOR

Cilantro has traditionally been used to support:

- Culinary nourishment
- Digestive wellness
- Herbal cleansing traditions
- Daily wellness routines
- Fresh herbal flavouring
- Nutrient-rich wellness support

## WAYS TO USE

### Culinary Uses

Add fresh or dried to soups, sauces, salads and wellness recipes.

### Herbal Tea

Can be steeped into refreshing herbal infusions.

### Wellness Blends

Often included in cleansing and nourishing herbal formulas.

## HERBAL PAIRINGS & SYNERGIES

### For Digestive & Wellness Support

Pairs beautifully with:

- Ginger
- Basil
- Parsley
- Lemon Balm

### For Culinary Nourishment

Often blended with:

- Turmeric
- Garlic
- Lime
- Peppermint

### Nutritional Highlights

Cilantro naturally contains aromatic plant compounds traditionally valued in culinary and wellness traditions.

### Suggested Use

Enjoy fresh or dried in meals and wellness preparations as desired.

### Storage

Store in a cool, dry place away from moisture and direct sunlight.

### Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

### Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Fresh, citrusy, herbal	Cooling	Anytime	Parsley, basil, lime, ginger

