

Bloomaceuticals

# Senna Leaf

Traditional Botanical Commonly Used for Digestive & Cleansing Support

*Senna alexandrina*

**COMMON NAMES**

Senna, Alexandrian Senna

**ORIGIN & SOURCING**

Senna leaf has a long history of traditional use in herbal wellness practices and is widely recognized for its role in digestive and cleansing preparations.

**TRADITIONAL USES & BENEFITS**

- Digestive wellness
- Herbal cleansing routines
- Occasional constipation support
- Traditional detox preparations
- Herbal wellness blends

**WAYS TO USE**

Digestive teas, capsules, tinctures and prepared wellness formulas.

**PREPARATION**

Traditionally steeped into short-term herbal digestive teas or used in prepared formulations.

**HERB PAIRINGS & SYNERGIES**

- Peppermint
- Ginger
- Fennel
- Licorice Root
- Chamomile
- Orange Peel

## QUICK FACTS

TASTE	ENERGETICS	PREPARATIONS	BEST TIME
Bitter, earthy	Cooling, drying	Tea, capsules, tinctures	Evening

**NUTRITIONAL HIGHLIGHTS**

Senna contains naturally occurring plant compounds traditionally valued in digestive wellness practices.

**SAFETY & PRECAUTIONS**

Not recommended during pregnancy or breastfeeding unless directed by a healthcare practitioner. Prolonged use is not recommended. Consult your healthcare practitioner prior to use if taking medications or managing a medical condition.

**STORAGE**

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

**DISCLAIMER**

This product is not intended to diagnose, treat, cure, or prevent any disease. Information provided is for educational purposes only.

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■ Handcrafted in British Columbia ■