



## For Bowel Movements

Serving: 1

Veg

### *Ingredients*

- -Alsi/flax 3 tbsp
- -Coriander seeds 3 tbsp
- -Chia seeds 3 tbsp
- -Pudina(mint)powder 3 tbsp

### *Preparation Method*

- **Method :**
- Roast,grind,store in a glass jar
- **Dose: Take 1 tbsp of powder bedtime.**