



Uric Acid Herb Mix

Serving: 1

Veg

Ingredients

- Methi seeds - 2 tbsp
- Chia seeds - 4 tbsp
- Elaichi powder - 2 tbsp
- Supari powder - 1 tbsp
- Jeera seeds - 2 tbsp
- Saunf - 2 tbsp
- Alsi seeds - 2 tbsp
- Haldi powder - 2 tbsp
- Dry mint powder - 2 tbsp
- Dry parsley leaves - 2 tbsp
- Cinnamon powder - 1 tbsp

Preparation Method

- Dry roast all seeds and dry leaves. Grind.store in a glass jar.
- Dose: 2 tsp after lunch 1 tsp after dinner