

Caraway 50 g

EAN: 8435110840116 FABRICANTE: NATURLIDER



Caraway is a herbaceous plant that is used as an infusion for digestive problems such as gas or flatulence, as a mucolytic and expectorant.

DESCRIPTION

What is Caraway and what is it used for?

The Alcaravea or scientifically *Carum carvi*, is a herbaceous plant whose root comes out at ground level. Its stem is straight. Its leaves form a rosette that is distributed along the stem. The stem and the main branches end in an umbel of eight to sixteen white or reddish flowers. The fruit is very aromatic.

The Alcaravea flowers between May and June. The fruits are harvested between July and August. They ripen in the sun or in the shade and then the seeds of the ripe fruit are shelled.

What part of Caraway is used?

The fruits are used.

What are the active ingredients of Alcaravea?

- Essential oil (3-7%):
- Monoterpenes: a and b pinene, phellandrenes, limonene (30-40%), sabinene, 3-carene.
- Monoterpenols: cis-carveol, dihydrocarveol.
- Monoterpenones: (+)-carvone (50-65%), dihydrocarvone.
- Methoxycoumarins: herniarin.
- Furanocoumarins (trace)
- Furanic compounds: anetofuran.
- Phenolcarboxylic acids: caffeic.
- Flavonoids: derivatives of kenferol and quercetol (quercetin-3-glucuronide).
- Isoquercitrin.
- Lipids: oleic, linoleic, palmitic and petroselinic acids (15%), carbohydrates and proteins.
- Others: tannins, calcium oxalate, coloring matter and resin.

What is Caraway used for?

Caraway is taken as an infusion. Caraway infusions:

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
<https://bio-farma.es/buy/f/naturlider/caraway-50-g>





- They favor the elimination of gases.
- They favor the digestion of food.
- It is antispasmodic.
- It has antibacterial activity.
- It has antifungal and anthelmintic activity.
- It is mucolytic and expectorant.
- It has estrogenic activity.
- It is diuretic.

When is it indicated that I take an infusion of Algarovea?

You can take an infusion of Alcarovea if you have gas, flatulence, aerophagia, gastrointestinal spasms, gastroenteritis.

Alcarovea infusions are indicated when there is lack of appetite or loss of appetite.

Also in case of respiratory conditions such as bronchitis, emphysema or asthma.

Caraway infusions are also used to help control blood sugar levels, so it is indicated for diabetics.

It is also effective in case of dysmenorrhea and hypomenorrhea.

Does Caraway have contraindications?

Alcaravea infusions are contraindicated during pregnancy and lactation, since there are not enough clinical data.

Caraway infusion is contraindicated in case of hypersensitivity to the plant, or to any plant of the same family.

Caraway infusions should not be taken in case of hypersecretory dyspepsia or in case of obstruction of the bile ducts.

Alcarovea should not be taken internally in children under six years of age or in patients with gastritis, gastroduodenal ulcers, irritable bowel syndrome, ulcerative colitis, Crohn's disease, liver disease, epilepsy, Parkinson's or other neurological diseases.

