Jayphal - Jatiphal / Myristica fragrans

Part consumed – Nutmeg seed, Seed coat

Form consumed - Dried powder, oil

Maximum daily consumption by adults:
Powder - 2 g
Oil - 1-3 drops

Composition
• Myristicin
• Lignans
• Neolignans
• Elemicin
• Fixed Oils

Indications as per Ayurveda
• Antiseptic
• Oral Health
• Insomnia
• Anti-inflammatory
• Cardio- tonic
• Digestive
• Cough
• Asthma
• Skin Diseases
• Anti-oxidant

Modern Clinical Studies
• Anti-cancer
• Antioxidant
• Anticonvulsant
• Anti-inflammatory
• Hepato-protective
• Hypolipidemic effect