

Cilantro: scientific name: *Coriandrum Sativum L.*



Like many other culinary herbs known primarily for their delicious taste, these natural botanicals deliver health benefits as well. , Cilantro (“coriander leaves”), decreases the risk of [obesity](#), [overall mortality](#), [diabetes](#) and [heart disease](#) while promoting a healthy skin and hair, increased energy and overall lower weight.

Natural preservative: Antioxidant rich oils extracted from cilantro has been shown to inhibit unwanted oxidation when added to other foods, delaying or preventing spoilage.

Anti Bacterial: Cilantro leaves have also been found to have an antibacterial effect against Salmonella.

Detoxification: Phytochemical compounds in Cilantro bind with heavy metal to loosen and remove them from our tissues. People suffering disorientation from mercury overexposure report improvement after the inclusion of cilantro in their diet. Cilantro has been found to suppress lead accumulation which shows promise for the use of cilantro to combat heavy metal toxicity. Because of its chelation abilities, is used in detox drinks and cilantro is also being studied as a natural water purifier.

World renowned Ethnobotanist, Dr. James A. Duke in *The CRD Handbook of Medicinal Herbs*, recommends cilantro tea for stomach discomfort and as an aid in digestion.

Cellular Fraction-Line Technology ^{CF} : Thai Freeze Dry dries the freshly harvested cilantro grown at our doorstep immediately upon harvest. This results in a highly bioactive product. Freeze drying is the best way to preserve the value of cilantro. Cellular Fraction-Line Technology ^{CF} is miles ahead of conventional freeze drying in terms of sustaining the synergistic intelligent cellular and molecular structure of the plant as closely as possible to how it exists in nature. For detailed information regarding Thai Freeze Dry’s proprietary Cellular Fraction-Line Technology ^{CF} please refer to our website: www.thaifreezedry.com