



# Black Peppercorn

**Botanical Name:** *Piper nigrum*

Black peppercorn is the most widely used spice around the globe – and for good reason. Since ancient times, people use this full-bodied, rich spice to naturally enhance flavors, while giving your health an overall boost. Whether used whole or ground, this carminative spice presents a healthy, natural dose of potassium, magnesium, iron, and vitamins K & C. For the best flavor, grind peppercorns right before use. Asami sources its Black Peppercorn directly from small-scale farm co-ops in Africa.

Peppercorn health benefits are vast, including relief from respiratory disorders, common colds, indigestion, anemia, muscular strains, and more.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Cameroon.



**Now that you know more about Black Peppercorn, you should check out our blends with Black Peppercorn. Oduduwa, Ashanti Cocoa, Serengeti Trail**



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