



Chilli Pepper

Botanical Name: *Capsicum annum*

It has been used both as food and medicine by Africans for years. The Capsicum family includes Baklouti, Peri Peri, Cameroon Pepper, Habaneros, Scotch Bonnet, Tatashe pepper, bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne and chile. The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes surprisingly from conventional medicine.

Our chilli flakes are typically between 20,000 – 50,000 HU and considered highly pungent. The pungency of a chili pepper has historically been measured using the Scoville scale, which assigns heat units (SHU or HU) using a subjective assessment to determine the concentration of capsaicin in a pepper. Capsaicin is an active component of chili peppers, responsible for the warming and occasional burning sensations felt.

Widely used in cooking and also brewed into tea; the part used in tea is the dried fruit, chopped into flakes.

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 Malawi and Tanzania.



Now that you know more about Chilli, you should check out our blends with Chilli.
Ashanti Cocoa

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