

# Cayenne Pepper Extract

dietary supplement 1 ounce

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Cayenne Pepper (*Capsicum annuum*), water & organic alcohol

## responsible cautions

- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Cayenne Peppers (*Capsicum annuum*) belong to the nightshade plant family along with tomatoes, eggplant, and potatoes. Nightshades are unique because they contain small amounts of alkaloids, organic substances that act directly on the central nervous system in the human body and also affect nucleic acid, DNA, RNA, membrane permeability, and proteins.\*

Cayenne Peppers are a moderately hot type of chili pepper, and have been used for centuries in both cooking and natural medicine. Cayenne gets its hot, spicy flavor mainly from a substance known as capsaicin.\*

Cayenne is very common in Cajun and Creole cuisine, and is widely used in both Ayurveda and Traditional Chinese Medicine for digestive and circulatory concerns.\*

Cayenne Peppers are an excellent source of antioxidants and other plant compounds that can protect our cells and promote health. They support a healthy immune system, can assist the body in fighting infections and allergies, and nourish both skin and hair.\*

Studies suggest that Cayenne Peppers, thanks in part to their high potassium content, may assist in regulating blood pressure, reducing the likelihood of hypertension, and decreasing the risk of stroke. The potassium levels may also help reduce kidney stones and bone loss due to aging.\*

Research also indicates that the capsaicin in Cayenne Peppers stimulates the nerves in the stomach that produce digestive fluids, which promotes healthy digestion. It may even help prevent the most common type of stomach ulcers which are caused by the *H. pylori* bacteria.\*

## directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.\*