

Black Pepper is an essential ingredient of the kitchen useful in treating a number of common ailments. It's a bushy climber with strong branches and heart shaped leaves having small, round or oval shaped fruits available in clusters which are edible and rich with medicinal and natural healing properties. Lets see some of the amazing health benefits of black pepper here on this page.

Black Pepper Benefits

Good for Digestion

black pepper contains active compounds that increase the motility of the intestines by stimulating the production of gastrointestinal enzymes.

Maintains Healthy Heart

A healthy diet with black pepper as one of its ingredients will give you some much-needed potassium which helps control your heart rate and blood pressure.

Expels Harmful Free Radicals

Black pepper contains flavonoids such as cryptoxanthin, zeaxanthin, carotene, and lycopene ? powerful antioxidants which expel harmful free-radicals from the body.

In Weight Loss

The pericarp, or the outer layer of the pepper, helps break down fat cells, making them easily absorbed by the body rather than becoming stored, unburned fats.

Treats Cough and Asthma

Black pepper has anti-bacterial and anti-inflammatory properties that can treat coughs and asthma. it is also an expectorant, which clears out the air passage by expelling phlegm.

Relieves Nasal Congestion

Black pepper effectively loosens up blocked nasal passage through sneezing and also relieves cold and sinusitis by curing the inflamed tissues.

Removes Toxins from the Body

The active compounds found in black pepper promotes sweating and urination, which causes the toxins to be purged out from the body.

Uses of Smoked Red Pepper Flavour Topping

Smoked red pepper flavour topping is becoming increasingly popular among food aficionados. This versatile ingredient can be used in a variety of dishes, from salads and sandwiches to pizzas and even desserts. Not only does it add an interesting smoky flavour, but it also provides a hint of spice that can enhance any dish. Whether you're looking for something new to add to your cooking repertoire or just want to liven up an existing dish, smoked red pepper flavour topping is sure to do the trick.

[Sachili](#) is a brand that offers 100% natural sauces and flavour toppings to boldly add flare to just about any dish. Their original chili influenced toppings and original red pepper influenced toppings are perfect for adding spice, zest, and flavor to your favorite meals. With Sachili's unique and delicious range of products, you can take your dishes to the next level with ease.