



Pure Sri Lankan Products
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Splendid SEASONS Pvt Ltd

Thebu (*Costus speciosus*), also known as crepe ginger, is a medicinal plant with significant nutritional value and therapeutic properties that has been used in traditional medicine in Sri Lanka for generations. Recent scientific research has validated many of its traditional uses, particularly in managing diabetes and various inflammatory conditions. This report examines the nutritional composition of Thebu leaves, their health benefits in the Sri Lankan context, and the potential advantages of consuming Thebu in capsule form.

Splendid seasons thebu leaves powder help to cholesterol reduction, digestive improvement, regulation blood sugar levels.

Protein	12-15%
Calories	280-300kcal
Fiber	18-22%
Carbohydrates	55-60%

Ingredients: Dehydrate thebu leaves powder, gelatin (animal based)

Some of Health benefits in short,

- Regulation of blood sugar levels – particularly beneficial for diabetes management
- Cholesterol reduction – supporting heart health
- Digestive improvement – enhancing overall gut function
- Antioxidant protection – combating free radical damage
- Liver support – particularly for fatty liver conditions
- Kidney health promotion – including assistance with urinary infections

- <http://sltraditionaldishes.blogspot.com/2017/09/thebu-costus-speciosus-sambol.html>
- <https://archive.roar.media/english/life/food/the-not-so-famous-edible-leaves-of-lanka>
- <https://salaglobal.com/product/canereed-thebu-organic-capsules-60-capsules>
- <https://www.alliedacademies.org/articles/antimicrobial-activity-and-chemical-analyses-of-oil-constitue>

Thebu Capsules



Directions to Use for a Healthy Lifestyle:

Take one or two “Splendid SEASONS” Thebu Capsules daily for adults, preferably after a main meal. Thebu is generally considered safe for most people when taken in appropriate doses. Especially for those who are **pregnant**, **breastfeeding**, or have underlying health conditions, should take health care advice before use.

Do not exceed 4 capsules per a day.

Avoid use if allergic or sensitive to any listed ingredients.

Capsule Weight:

Net Weight: 400 ±100 mg
Gross Weight: 500 ±100 mg