Organic Cilantro (Coriander) Powder

This is a layer-in ingredient in my Monster Mash. It is not part of the baseline structural rebuild (protein scaffolding, collagen cofactors, perfusion support, essential fats). Its role is terrain support: digestive signaling, phytochemical density, and a cautious, evidence-aware approach to “detox” positioning. Cilantro is also a culinary tool; I use it in savory cooking outside the Mash.

Jiva Organics Organic Coriander/Cilantro Powder

Coriandrum sativum, dried and milled. Bioactive classes relevant to mechanistic claims include volatile terpenoids (e.g., linalool), phenolics/flavonoids, and dietary fiber fractions.

- Layer-in use-case: phytochemical density and digestive/terrain support; detox claims remain conservative
- Mechanistic interest: antioxidant and anti-inflammatory signaling reported in preclinical and review literature
- Cilantro/coriander oils contain linalool; essential oil fractions show antimicrobial activity in vitro
- “Heavy metal chelation” is not established in humans; most evidence is preclinical or indirect

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Why this is a layer-in ingredient

In practice, “detox” is a systems problem: bowel throughput, hepatic biotransformation, renal clearance, oxidative load, and inflammatory tone. Cilantro/coriander is positioned here as a phytochemical layer to support antioxidant capacity and digestive signaling, with strict avoidance of exaggerated chelation claims.

Reported outcomes in this program (Stephen)

When I layer this in, I notice improved digestive feel and a clearer ‘terrain’ sensation—less heaviness and better overall tolerance of the full Mash. These are experiential observations inside a multi-ingredient program and are not controlled outcomes attributable to cilantro alone.

1. Phytochemical and volatile fraction profile

Coriandrum sativum contains phenolic acids and flavonoids, plus a volatile terpenoid fraction. In coriander (seed and leaf) essential oil, linalool is frequently reported as a dominant constituent, and essential oil fractions have documented antioxidant and antimicrobial activity in vitro. This matters for a terrain-based layer because oxidative stress and microbial dynamics can influence gut signaling and symptom perception.

2. Antioxidant and anti-inflammatory signaling

Review literature describes coriander as a functional food with antioxidant and anti-inflammatory effects attributed to both polyphenols and volatile constituents (including linalool). These effects are best framed as mechanistic plausibility supported by preclinical data; translation to clinically meaningful outcomes depends on dose, preparation, and baseline physiology.

3. Detox framing: what is supported vs. what is marketing

Cilantro is widely promoted as a heavy-metal chelator. The scientific literature contains preclinical models (cell/animal) suggesting metal-binding or altered distribution/excretion signals, but human clinical evidence is limited and not sufficient to claim reliable chelation in real-world conditions. In this program, the correct framing is: a botanically dense spice/herb powder that may support antioxidant status and digestive signaling—rather than a stand-alone chelation therapy.

4. Practical integration: dosing logic and timing

Because this is a layer-in ingredient, start low, especially if digestion is sensitive. Use it as a micro-dose in the Mash (or in cooking) for several days before increasing. The objective is tolerability and steady use rather than aggressive dosing. This approach also fits the overall program design: slow, repeatable inputs that reduce system reactivity.

5. Safety and boundary conditions

Cilantro/coriander is generally safe as a culinary ingredient. Potential issues include allergy (Apiaceae family) and gastrointestinal sensitivity at higher doses. If using anticoagulants, antihypertensives, or glucose-lowering medications, be conservative with supplement-level dosing and monitor responses, because botanicals can have mild physiological effects in sensitive individuals.

Evidence snapshot

Supported: coriander/cilantro contains polyphenols and essential-oil constituents; linalool is commonly reported as a major component; essential oil fractions show antimicrobial/antioxidant activity in vitro; functional-food reviews describe anti-inflammatory mechanisms.

Not established: reliable heavy-metal chelation in humans. Most “chelation” claims are extrapolated from preclinical evidence or narrative reports; this program does not position cilantro as a substitute for medical chelation or validated detoxification therapies.

References

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