



## NUTMEG

**Botanical Name:** *Myristica fragrans*

**Common Name:** Pala, *Myristica moschata*, *Myristica officinalis*

**Medicinal part:** Seed

**Description:** Nutmeg (also known as pala in Indonesia) is one of the two spices – the other being mace – derived from several species of tree in the genus *Myristica*. The most important commercial species is *Myristica fragrans*, an evergreen tree indigenous to the Banda Islands in the Moluccas (or Spice Islands) of Indonesia.



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Golden Bough Botanicals Inc. has been a trusted wholesale supplier of premium quality herbs, spices and specialty teas since 1978. Our business has evolved to include organic herbs and spices, pure essential oils, organics pure essential oils, fragrance oil, cosmetic, candle and soap making ingredients and packaging supplies.

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