



# MIND

ayurvedic superfood shot

- PRODUCT SHEET -

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Mind is a synergistic blend of concentrated superfoods to bring balance and harmonize the body with memory, concentration, clarity, and reducing stress while supporting the brain.\*

Formulated with top superfood adaptogens, the ingredients in Mind are known to be helpful for restful sleep, anxiety relief, eliminating addictive drug cravings, increasing brain power, calming the nerves, and uplifting the mood.\*

Listed ingredient highlights and benefits are a small sample of the available data on the ingredients found in Mind. We encourage you to do your own additional research into each individual ingredient.

## MUCUNA PRURIENS

Mucuna pruriens, commonly called Velvet Bean, is one of the highest natural sources of a unique amino acid called L-dopa (Levodopa), an essential precursor to the neurotransmitter dopamine.\*

Often referred to as the “feel good hormone”, dopamine can be naturally stimulated by enjoyable activities like dancing, exercise, and pleasurable sexual experiences. Known to calm and relax the nervous system, dopamine is essential for mental functions, emotional health, sleep, memory, motor skills, and muscle coordination. Low or absent dopamine can be responsible for several significant diseases of the nervous system including Parkinson’s Disease, dementia, depression, and ADHD.\*

L-dopa, unlike dopamine, can cross the blood-brain barrier. L-dopa is metabolized into dopamine by both the heart and the brain through a process called decarboxylation. This conversion was first proven by a team of scientists led by George Cotzias, and they won the Lasker Prize in 1969 for their discovery.\*

Individuals with nerve-anxiety issues, mild to severe neurodegenerative disease, or reduced cognitive capacities may benefit from the L-dopa derived from Mucuna pruriens.\*

## BACOPA MONNIERI

Known to most as Brahmi, Bacopa monnieri has an age-old reputation. It acts as an adaptogen, helping the body adapt to new or stressful situations. It is a powerful and effective herb for memory commonly used in Ayurvedic medicine. It is frequently used in the treatment of Alzheimer’s Disease, anxiety, ADHD, allergic conditions, irritable bowel syndrome, and as a general tonic to fight stress.\*

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS

### Organic Ashwagandha (*Withania somnifera*) Root Powder

Ashwagandha, an adaptogenic herb popular in Ayurvedic medicine, is known in India as the "strength of the stallion" since it has traditionally been used to strengthen the immune system after an illness. It has shown incredible results for lowering cortisol and balancing thyroid hormones.

Sometimes referred to as Indian Ginseng, Ashwagandha can enhance stamina and possesses extraordinary stress-relieving properties comparable to those of powerful drugs used to treat anxiety and depression. Ashwagandha has powerful antioxidant properties and may be a promising alternative treatment for a variety of degenerative diseases like Alzheimer's and Parkinson's.

Numerous studies have been conducted on Ashwagandha's ability to treat adrenal fatigue, improve thyroid function, reduce brain cell degeneration, boost immunity, reduce anxiety and depression, combat the effects of stress, increase stamina and endurance, prevent and treat cancer, stabilize blood sugar, and lower cholesterol.

[An Overview on Ashwagandha: A Rasayana \(Rejuvenator\) of Ayurveda](#)

[Studies on immunomodulatory activity of \*Withania somnifera\* \(Ashwagandha\) extracts in experimental immune inflammation](#)

[Combinations of Ashwagandha Leaf Extracts Protect Brain-Derived Cells against Oxidative Stress and Induce Differentiation](#)

[Water Extract of Ashwagandha Leaves Has Anticancer Activity: Identification of an Active Component and Its Mechanism of Action](#)

[Triethylene glycol, an active component of Ashwagandha \(\*Withania somnifera\*\) leaves, is responsible for sleep induction](#)

[\*Withania somnifera\* Root Extract Has Potent Cytotoxic Effect against Human Malignant Melanoma Cells](#)

### Organic *Astragalus membranaceus* (Root) Powder

Astragalus root is one of the most powerful immune-building plants on the planet. This adaptogenic herb lowers cortisol, aka the stress hormone, while fighting disease at the same time. In addition to pumping up your immune system, studies show it's vital for cardiovascular health and can even fight off tumors and alleviate symptoms of chemotherapy.

Astragalus is a plant within the Leguminosae (beans or legumes) family, with a very long history as an immune system booster and disease fighter meaning it helps the body fight off stress and disease. Today, Astragalus medicinal healing and treatment uses span many different illnesses and diseases. Saponins are known for their ability to lower cholesterol, improve the immune system and prevent cancer. Flavonoids, also found in Astragalus, provide health benefits through cell signaling. They show antioxidative qualities, control and scavenge free radicals, and can help prevent heart disease, cancer, and immunodeficiency viruses. Polysaccharides are known to have antimicrobial, antiviral and anti-inflammatory capabilities among other health benefits.

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS

### **Organic Astragalus membranaceus (Root) Powder** cont'd

One of Astragalus' greatest strengths is preventing and protecting cells against cell death and other harmful elements, such as free radicals and oxidation.

Inflammation is at the root of most diseases. From arthritis to heart disease, inflammation is often the culprit of the damage. Astragalus acts as an Anti-Inflammatory, and many studies show that thanks to its saponins and polysaccharides it can reduce inflammatory response in connection to a number of illnesses and conditions, from helping to heal wounds and lesions to reducing inflammation in diabetic kidney disease.

Astragalus boosts the immune system, regulating the body's immune responses. Although the full extent of the herb's capabilities has yet to be determined, there is sufficient evidence to suggest that Astragalus, used as an adjunct therapy, will someday be used to cure many diseases.

Many recent screenings have shown the success of Astragalus saponins, flavonoids, and polysaccharides in decreasing or eliminating tumors. In instances of chemoresistance treating liver cancer, Astragalus has shown potential in reversing multidrug resistance and as an addition to conventional chemotherapy, according to a study published in the Journal of Pharmacy and Pharmacology.

The flavonoids present in Astragalus are antioxidants that help prevent plaque buildup in arteries and the narrowing of vessel walls by protecting the inner wall of the vessel. In addition, a 2014 study published in the Chinese Journal of Integrative Medicine suggests an injection of Astragalus, combined with conventional treatment for viral myocarditis (inflammation of the middle layer of the heart wall), makes treatment more successful in heart conditions.

Other studies have shown its ability to reduce blood pressure and the level of triglycerides. High levels of triglycerides put individuals at risk for many forms of heart disease such as stroke, heart attack, and the hardening of artery walls. During a heart attack, heart muscle damage occurs when there is a lack of blood supply and oxygen. At that time, calcium overload creates secondary damage. Astragalus can prevent additional heart muscle damage by regulating calcium homeostasis in the heart.

Astragalus has been studied progressively as an antidiabetic. Studies show its ability to relieve insulin resistance and treat diabetes naturally. The herb's collection of saponins, flavonoids, and polysaccharides all are effective in treating and regulating Type 1 and Type 2 Diabetes. They're able to increase insulin sensitivity, protect pancreatic beta cells (the cells in the pancreas that produce and release insulin), and also act as anti-inflammatories in areas related to diabetic symptoms. Kidney disease in diabetics is also a common problem, and Astragalus has been used to treat kidney illness for many years. More recent studies have shown Astragalus can slow the progress of kidney problems in diabetics and protect the renal system.

In the United States, researchers have looked at Astragalus as a possible treatment for people whose immune systems have been weakened by chemotherapy or radiation. In these studies, astragalus supplements seem to help people recover faster and live longer.

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS

### **Organic Astragalus membranaceus (Root) Powder** cont'd

Recent research suggests that because Astragalus is an antioxidant, it may help people with severe forms of heart disease; relieving symptoms, lowering cholesterol levels, and improving heart function. At low-to-moderate doses, Astragalus has few side effects. However, it does interact with a number of other herbs and prescription medications. Astragalus may also be a mild diuretic, meaning it helps rid the body of excess fluid.

[Astragalus Overview](#)

[A Review of Recent Research Progress on the Astragalus Genus](#)

[Saponins as cytotoxic agents: a review](#)

[Reversal of P-glycoprotein-mediated multidrug resistance of human hepatic cancer cells by Astragaloside II](#)

[Astragalus membranaceus injection combined with conventional treatment for viral myocarditis: a systematic review of randomized controlled trials](#)

[Pharmacological effects of Astragaloside IV: a literature review](#)

[Recent Advances in Astragalus membranaceus Anti-Diabetic Research: Pharmacological Effects of Its Phytochemical Constituents](#)

### **Bacopa monnieri (Leaf) Extract**

Bacopa Monnieri, also known as Brahmi, has been a staple of Ayurvedic medicine in India for thousands of years. Used frequently to treat memory and brain-related disorders including Alzheimer's disease, epilepsy, anxiety, memory loss, and ADHD, Bacopa is also a general tonic to fight stress. It has been shown to have far less severe side effects than many of the dangerous psychotropic drugs often prescribed today.

According to the Alzheimer's Drug Discovery Foundation, supplementation with Bacopa may hold promise for preventing dementia associated with Alzheimer's.

Studies suggest Bacopa has biological effects that might protect against brain aging and/or dementia. One encouraging study showed that in elderly people with memory complaints who took Bacopa at 450 milligrams per day for three months, scores on tests of attention and verbal memory improved.

Published in Current Medicinal Chemistry, one study showed that in addition to its strong antidepressant effects, Bacopa has pain-reducing capabilities comparable to morphine. The study also indicated Bacopa offers protective benefits for organs like the brain, heart, and kidneys that are commonly affected by opiate toxicity. Bacopa is well-documented through multiple clinical trials including various age groups as a safe, well-tolerated herbal therapy for pain management.

An animal study conducted at the Central Drug Research Institute in India showed that a standardized extract of Bacopa successfully guarded against acute and chronic stress, specifically reducing damaging stomach ulcer and adrenal activity.

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS

### **Bacopa monnieri (Leaf) Extract** cont'd

Animal research published by the University of Michigan Health System shows the positive brain effects of Bacopa, including the reduction of both depression and anxiety. These positive effects on the nervous system have been attributed to an enhancement of the effects of the neurotransmitters acetylcholine and, possibly, serotonin or GABA.

[Bacopa Overview](#)

[Bacopa monnieri and its constituents is hypotensive in anaesthetized rats and vasodilator in various artery types](#)

[Preclinical profile of bacopasides from Bacopa monnieri \(BM\) as an emerging class of therapeutics for management of chronic pains](#)

[Ethanollic extracts of Alstonia Scholaris and Bacopa Monniera possess neuroleptic activity due to anti-dopaminergic effect](#)

[Adaptogenic effect of Bacopa monniera \(Brahmi\)](#)

[The chronic effects of an extract of Bacopa monniera \(Brahmi\) on cognitive function in healthy human subjects](#)

[Bacopa monnieri](#)

[Randomized controlled trial of standardized Bacopa monniera extract in age-associated memory impairment](#)

[Bacopa: How It Works](#)

### **Organic Camu Camu (Berry) Powder**

Camu camu is a shrub that grows in swampy or flooded areas of the Amazon rain forests of Peru, Brazil, Venezuela, and Colombia. The fruit and leaves are used as a medicine.

Camu camu can be used for viral infections including herpes, cold sores, shingles, and the common cold. It can also be used for eye conditions including cataracts and glaucoma. Other uses include treatment of asthma, "hardening of the arteries" (atherosclerosis), chronic fatigue syndrome, depression, gum disease (gingivitis), headaches, and osteoarthritis. Some people use Camu camu to increase energy and maintain healthy gums, eyes, and skin; and as an antioxidant and immune system stimulant.

Camu camu can have 60 times more Vitamin C than an orange and 56 times more than a lemon, making it a powerful immune system booster. The dense punch of Vitamin C from Camu camu may block free radicals and other pathogens from entering the body.

Camu camu's high Vitamin C content is especially central to its ability to improve liver health. The powerful antioxidants and phytochemicals in Camu camu can help fight against disease and liver malfunction. Animal research conducted in 2010 showed that animals given Camu camu showed significant signs of liver injury suppression. An active compound called 1-methylmalate was isolated from Camu camu juice, and the study concluded that the 1-methylmalate is one of the reasons Camu camu can aid liver health.

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS

### Organic Camu Camu (Berry) Powder cont'd

The high levels of Vitamin C in Camu camu can also help your brain to produce more serotonin, which may assist with depression. A study conducted at Montreal's Jewish General Hospital showed that patients with decreased levels of Vitamin C reported signs of sluggishness and depression. They all responded with rapid and clinically significant improvement in mood after receiving doses of Vitamin C.

Powerful antioxidants like the Vitamin C in Camu camu have been shown to help with inflammation, particularly in those approaching old age. Inflammation can contribute to accelerated aging, and Camu camu has been studied for its possible ability to help slow and improve the aging process.

Macular degeneration, a leading cause of blindness in people over age 55, can also be assisted by Camu camu. The combination of Vitamin C and other essential nutrients found in Camu camu can slow the progression of age-related macular degeneration and visual acuity loss.

[Camu Camu Overview](#)

[Determination of anthocyanins from camu-camu \(Myrciaria dubia\) by HPLC-PDA, HPLC-MS, and NMR](#)

[Antioxidant and Associated Capacities of Camu Camu \(Myrciaria dubia\): A Systematic Review](#)

[Antioxidant compounds and antioxidant capacity of Peruvian camu camu \(Myrciaria dubia \(H.B.K.\) McVaugh\) fruit at different maturity stages](#)

[Anti-inflammatory effects of seeds of the tropical fruit camu-camu \(Myrciaria dubia\)](#)

[Effects of diet supplementation with Camu-camu \(Myrciaria dubia HBK McVaugh\) fruit in a rat model of diet-induced obesity](#)

[Antigenotoxic effect of acute, subacute and chronic treatments with Amazonian camu-camu \(Myrciaria dubia\) juice on mice blood cells](#)

[Tropical fruit camu-camu \(Myrciaria dubia\) has anti-oxidative and anti-inflammatory properties](#)

[1-methylmalate from camu-camu \(Myrciaria dubia\) suppressed D-galactosamine-induced liver injury in rats](#)

### Organic Coconut (Fruit) Powder

- *Dr. Bruce Fife and his wife Leslie were invited to the Philippines to do a series of lectures and radio and TV interviews discussing the health benefits of coconut. Dr. Fife presented a special lecture on the "Potential Uses of Coconut Oils-Freeze dried powder in the Treatment of Neurodegenerative and Cardiovascular Diseases" to the students and faculty at University of the Philippines College of Medicine. Doctors and students in the neurology department were especially interested in Dr. Fife's knowledge and insights regarding the treatment of Alzheimer's using coconut oil. The faculty is currently in the process of designing a study based on Dr. Fife's research to further explore the use of coconut oil in treating neurodegenerative disease.*

Bruce Fife, N.D., Publisher, [www.coconutresearchcenter.org](http://www.coconutresearchcenter.org)

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS cont'd

### **Mucuna pruriens**

- *"Mucuna pruriens powder treatment significantly are shown to have a therapeutic benefit in Parkinson's disease. Earlier studies showed that Mucuna pruriens treatment controls the symptoms of Parkinson's disease. This is an additional finding of a neurorestorative benefit by Mucuna pruriens."*  
Manyam, B. V., Dhanasekaran, M. and Hare, T. A. (2004), Neuroprotective effects of the antiparkinson drug Mucuna pruriens. *Phytother. Res.*, 18: 706–712. doi:10.1002/ptr.1514
- *The Department of Chemistry, University of Siena, Italy, issued a statement confirming a combination of chromatographic and NMR techniques demonstrated in Mucuna pruriens seeds quantities detected explain the well-established antiglycaemic, [counteracting high levels of glucose in the blood].*  
Donati, D., Lampariello, L. R., Pagani, R., Guerranti, R., Cinci, G. and Marinello, E. (2005), Antidiabetic oligocyclitols in seeds of Mucuna pruriens. *Phytother. Res.*, 19: 1057–1060. doi:10.1002/ptr.1790
- *Anti-Parkinson botanical Mucuna pruriens prevents levodopa induced plasmid and genomic DNA damage. [nervous system involuntary jerking], says Department of Neurology, Scott & White Clinic, Temple, Texas, While Levodopa is considered the 'gold standard' for the treatment of Parkinson's disease. However, a serious concern is dyskinesia [jerky movements] and motor fluctuation that occurs after several years of use may induce intense DNA damage. Mucuna pruriens cotyledon powder (MPCP) has shown anti-Parkinson and neuroprotective effects superior to synthetic levodopa.*  
Tharakan, B., Dhanasekaran, M., Mize-Berge, J. and Manyam, B. V. (2007), Anti-parkinson botanical Mucuna pruriens prevents levodopa induced plasmid and genomic DNA damage. *Phytother. Res.*, 21: 1124–1126. doi:10.1002/ptr.2219
- *Parkinson's Disease is a neurodegenerative disorder for which no neurorestorative therapeutic treatment is currently available. Mucuna pruriens has been shown to possess anti-Parkinson's and neuroprotective benefits. These results suggest that the neuroprotective and neurorestorative effect of Mucuna pruriens may be related to its antioxidant activity independent of the symptomatic effect. In addition, the drug appears to be therapeutically safe in the treatment of patients with Parkinson's Disease.*  
Dhanasekaran, M., Tharakan, B. and Manyam, B. V. (2008), Antiparkinson drug – Mucuna pruriens shows antioxidant and metal chelating activity. *Phytother. Res.*, 22: 6–11. doi:10.1002/ptr.2109
- *An Excerpt from Department of Neurology, The Pennsylvania State University College of Medicine, Hershey, PA findings suggest that M. pruriens contains water-soluble ingredients that either have an intrinsic DDCl-like activity or mitigate the need for an add-on DDCl to ameliorate parkinsonism. These unique long-term anti-parkinsonian effects of a parenterally administered water extract of M. pruriens seed powder may provide a platform for future drug discoveries and novel treatment strategies in Parkinson's Disease.*  
Lieu CA, Kunselman AR, Manyam BV, Venkiteswaran K, Subramanian T. *Parkinsonism Relat Disord.* 2010 Aug;16(7):458-65. doi: 10.1016/j.parkreldis.2010.04.015



# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS cont'd

### Licorice (Root) Extract

- *Flavonoids, for example, are responsible for a plant's deep pigment (like the blue in blueberries or the black in black licorice) and are usually rich antioxidants and anti-inflammatory, among other benefits. Coumarins & Stilbenoids: Coumarins and stilbenoids are polyphenols that are often anti-inflammatory and antibiotic. Triterpenoids: Triterpenoids are typically stronger in nature and sometimes include steroidal substances. A prominent example of the benefits found in these compounds is the flavonoid glabradin, which contributes to numerous licorice root benefits. First described in the 1970's, researchers have since discovered many of its effects. It's observed to be anti-inflammatory, have an effect on metabolism and function as a phytoestrogen — having a very positive effect on women's health.*

[www.draxe.com/licorice-root/](http://www.draxe.com/licorice-root/)

### Organic Elmleaf Blackberry Juice (*Rubus ulmifolius*) Powder

- *Medical review HIGHLIGHTS from US National Library of Medicine, National Institutes of Health. *Rubus fruticosus* (blackberry) use as an herbal medicine. Wild-grown European blackberry *Rubus fruticosus* plants are widespread in different parts of northern countries and have been extensively used in herbal medicine. The result show that European blackberry plants are used for herbal medicinal purpose such as antimicrobial, anticancer, antidiarrheal, and also good antioxidant.*

Rameshwar V., Tushar G., Rakesh P., Chetan G. *Rubus fruticosus* (blackberry) use as an herbal medicine. *Pharmacogn Rev.* 2014 Jul-Dec; 8(16): 101-104

### Vegetable DHA (Docosahexaenoic acid)

- *The Massachusetts Institute of Technology Cambridge, Massachusetts. DHA deficiency is under study for its potential role in decline of mental function in healthy adults, indicated in a study from 2010 conducted at 19 U.S. clinical sites on 485 subjects aged 55 and older who met criteria for age-associated memory impairment. The study found algal DHA taken for six months decreased heart rate and improved memory and learning in healthy, older adults with mild memory complaints. These findings indicate the importance of early DHA intervention and provided a statistically significant benefit to cognitive function in individuals over 50 years of age. Higher DHA levels in middle-aged adults is related to better performance on tests of nonverbal reasoning and mental flexibility, working memory, and vocabulary. The use of DHA by persons with epilepsy could decrease the frequency of their seizures. Studies have shown that children with epilepsy had a major improvement, i.e. decrease in the frequency of their seizures. The 57 subjects demonstrated a decreased frequency of seizures for the first six weeks of the study.*

Yurko-Mauro K., McCarthy D., Rom D., Nelson E., Ryan A., Blackwell A., Salem N., Stedman M. Beneficial effects of docosahexaenoic acid on cognition in age-related cognitive decline. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* , Volume 6 , Issue 6 , 456 - 464

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS cont'd

### Organic Turmeric (Root) Powder

- According to some estimates, as much as USD \$10 billion is spent every year on alternative therapies. Over USD \$650 million is spent on botanical supplements that are used for chronic inflammatory diseases such as chronic obstructive airways disease (COPD), asthma, and rheumatoid arthritis. Turmeric is one such herb.

Turmeric is used as an herbal medicine for rheumatoid arthritis, chronic anterior uveitis, conjunctivitis, skin cancer, small pox, chicken pox, wound healing, urinary tract infections, and liver ailments. It is also used for digestive disorders; to reduce flatus, jaundice, menstrual difficulties, and colic; for abdominal pain and distension; and for dyspeptic conditions including loss of appetite, postprandial feelings of fullness, and liver and gallbladder complaints. It has anti-inflammatory, choleric, antimicrobial, and carminative actions. The main clinical targets of turmeric are the digestive organs: in the intestine, for treatment of diseases such as familial adenomatous polyposis; in the bowels, for treatment of inflammatory bowel disease and in the colon for treatment of colon cancer. For arthritis, as well as to open blood vessels in order to improve blood circulation. The anticancer activities of turmeric include inhibiting cell proliferation and inducing apoptosis of cancer cells. Turmeric has been reported to exhibit activity against the development of skin cancer, breast cancer, oral cancer, and stomach cancer. It prevents carcinogenesis at various steps, including inhibiting mutation, detoxifying carcinogens, decreasing cell proliferation, and inducing apoptosis of tumor cells. Topical application of turmeric was found to decrease multiplicity and onset of skin tumors. The FDA has declared turmeric and its active component curcumin as GRAS (generally regarded as safe).

The activities of turmeric include antibacterial, antiviral, anti-inflammatory, antitumor, antioxidant, antiseptic, cardioprotective, hepatoprotective, nephroprotective, radioprotective, and digestive activities. Phytochemical analysis of turmeric has revealed a large number of compounds, including curcumin, volatile oil, and curcuminoids, which have been found to have potent pharmacological properties.

<https://www.ncbi.nlm.nih.gov> › NCBI › Literature › Bookshelf by S Prasad - 2011

### Organic Schisandra chinensis (Berry) Powder

- Schisandra has been utilized in Traditional Chinese Medicine for thousands of years. It's most well-known for boosting liver function and assisting with adrenal functions to help prevent adrenal fatigue, but other benefits include lowering inflammation, lowering stress, improving digestive health, protecting the skin, improving mental performance, and helping with healthy sexual function.

<http://draxe.com/schisandra/>

### Rhodiola rosea (Root) Powder

- Rhodiola has been proven to have four major health benefits including burning belly fat, increased energy and athletic performance, lowering cortisol, fighting depression, and improving brain function.

<http://draxe.com/draxe.com/rhodiola-benefits-burning-fat-for-energy-and-beating-depression/>

# PRODUCT SHEET



## INGREDIENT HIGHLIGHTS cont'd

### Triphala Powder

- *Indian gooseberry is taken by mouth for high cholesterol, "hardening of the arteries" (atherosclerosis), diabetes, pain and swelling of the pancreas (pancreatitis), cancer, upset stomach, eye problems, joint pain, diarrhea, bloody diarrhea (dysentery), osteoarthritis, obesity, and "organ restoration." It is also used to kill germs and reduce pain and swelling caused by the body's reaction to injury or illness (inflammation).*

<http://www.webmd.com/search/2/results?query=%09Amlaki++Berry++Powder>

- *For disorders of the heart and blood vessels (cardiovascular disease), including heart disease and related chest pain, high blood pressure, and high cholesterol. It is also used as "a water pill," and for earaches, dysentery, sexually transmitted diseases (STDs), diseases of the urinary tract, and to increase sexual desire.*

*Terminalia bellerica and Terminalia chebula are both used for high cholesterol and digestive disorders, including both diarrhea and constipation, and indigestion. They have also been used for HIV infection. Terminalia bellerica is used to protect the liver and to treat respiratory conditions, including respiratory tract infections, cough, and sore throat.*

<http://www.webmed.com>

- *Uses include the natural treatment of cancer, infections, gastrointestinal issues, inflammation, high cholesterol, immune system malfunction and even cancer. Bibhitaki is another powerful ancient rejuvenator with detoxifying qualities. It is extensively used in traditional Indian Ayurvedic medicine for the treatment of diabetes, high blood pressure and rheumatism.*

<http://www.draxe.com/triphala/>

# PRODUCT SHEET



## SUGGESTED USE

Can be taken as a shot in warm water or fruit juice followed by 8 to 16 ounces of water. Can also be taken in 8 or more ounces of water or smoothie, or encapsulated. May be sweetened to taste with preferred sweetener. Traditionally taken 1 to 2 scoops daily or as part of the Heart & Body Naturals Cleanse. Stir well.

<b>Supplement Facts</b>		
<b>Serving Size:</b> one scoop (2.5 grams)		<b>Servings per container:</b> approximately 46
	<b>Amount Per Serving</b>	<b>% Daily Value*</b>
		100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
<b>Calories</b>	11.2	
Calories from fat	0	
<b>Total Fat</b>	0g	0%
<b>Total Carbohydrate</b>	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
<b>Protein</b>	0g	0%
Vitamin A	31 IU	1.03%
Vitamin C	361mg	400%
Vitamin K	0mcg	0%
Riboflavin	0.37mg	28.4%
Niacin	0.5mg	3.5%
Vitamin B6	1.9mg	100%
Folate	42mcg	8.4%
Vitamin B12	1.2mcg	46%
Calcium	8mg	0.08%
Iron	2mg	11%
Iodine	2mcg	1.1%
Selenium	8mcg	14.5%
Sodium	3.25mg	0.14%
Potassium	90mg	3%
Magnesium	86mg	24.5%
<b>Brain Superfood Juice Complex</b> 217.5mg† Organic Elmleaf (Blackberry) Juice Powder, Mucuna pruriens (Seed) Extract, Bacopa monnieri (Leaf) Extract, Organic Turmeric (Root) Powder, Licorice (Root) Extract, Vegetable DHA (Docosahexaenoic acid) Powder		
<b>Adaptogen Superfood Juice Complex</b> 32.4mg† Organic Camu Camu (Berry) Powder, Organic Coconut (Fruit) Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Rhodiola rosea (Root) Powder, Panax Ginseng (Root) Powder, Organic Astragalus membranaceus (Root) Powder, Triphala Powder		
<b>Ingredients:</b> Organic Elmleaf (Blackberry) Juice Powder, Mucuna pruriens (Seed) Extract, Bacopa monnieri (Leaf) Extract, Licorice (Root) Extract, Vegetable DHA (Docosahexaenoic acid) Powder, Organic Camu Camu (Berry) Powder, Organic Turmeric (Root) Powder, Organic Coconut (Fruit) Powder, Organic Ashwagandha (Root) Powder, Organic Astragalus membranaceus (Root) Powder, Rhodiola rosea (Root) Powder, Panax Ginseng (Root) Powder, Triphala Powder		
<b>Other Ingredients:</b> Luo han guo (Fruit) Powder		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
†Daily Value not established.		
<b>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</b>		
<b>Important information:</b> This is not a medicinal product. If in doubt consult a doctor before taking food supplements. Food supplements must not be used as a substitute for a varied & balanced diet & a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool dry place. Keep away from children. Discontinue use if any adverse reactions occur.		
<b>Allergy information:</b> This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs and may contain traces of all of the above.		

Product of the USA with select ingredients thoughtfully curated from around the world.

Manufactured Exclusively For  
Heart & Body Naturals, LLC • 461 E Pike Street • Morrow, Ohio 45152

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.