

# Soul

## liver support & alkalizing wholefoods

HBNaturals  
PRODUCT INFORMATION PAGE

Chronic inflammation is now recognized as a key factor in many diseases, from arthritis and asthma to Alzheimer's, diabetes, and heart disease. Supporting detoxification and maintaining a healthy pH balance can help combat inflammation and promote overall wellness. Soul is rich in chlorophyll-packed greens and Ayurvedic herbs that nourish the liver, kidneys, and gut—helping to boost energy, improve digestion, and reduce cravings naturally.\*

### DIRECTIONS

- Add 1 scoop Soul to milk, juice, smoothies, etc. Delicious hot or cold! Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.\*



### MEDICINAL CONSTITUENTS

- **Curcumin:** The active compound in turmeric, curcumin, is a powerful antioxidant and anti-inflammatory agent known for its numerous health benefits. It supports joint and heart health, aids digestion, boosts immune function, and may help protect against chronic diseases by reducing oxidative stress and inflammation in the body.\*
- **Chlorophyll:** The green pigment in plants, chlorophyll, is a powerful detoxifier and antioxidant that supports overall health. It helps cleanse the body by promoting liver function, aids digestion, boosts red blood cell production, and may neutralize toxins. Known for its alkalizing properties, chlorophyll can also support gut health, reduce inflammation, and enhance energy levels.\*
- **Limonene:** This natural compound found in citrus peels is known for its powerful antioxidant and detoxifying properties. It supports liver health by promoting the production of enzymes that aid in detoxification and help flush out harmful toxins. Limonene also has anti-inflammatory benefits, supports digestion, and may help maintain healthy cholesterol levels, making it a valuable nutrient for overall wellness.\*

#### Clinical studies for Soul ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6855174/>
- <https://pubmed.ncbi.nlm.nih.gov/19811613/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8576288/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11121291/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5598502/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10968638/>

### INGREDIENTS

Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Organic Coconut (Fruit) Powder, Organic Lemon (Fruit) Powder, Milk Thistle (*Silybum marianum*) Seed Powder, Organic Camu Camu (Berry) Powder, Organic Jerusalem Artichoke (*Helianthus tuberosus*) Powder, Dandelion (*Taraxacum officinale asterolus*) Root Powder, Organic Amla (*Phyllanthus emblica*) Berry Powder, Organic Ashwagandha (*Withania somnifera* Root) Powder, Organic Astragalus membranaceus (Root) Powder, Luo han guo (Fruit) Powder, Panax (*Panax quinquefolius* L.) Ginseng, Organic Gotu Kola Powder, Organic Alfalfa (Leaf) Powder, Organic Barley (Grass) Powder, Organic Broccoli Powder, Organic Moringa (Leaf) Powder, Organic Spinach Powder, Organic Spirulina Powder, Organic Beet (Root) Powder, Organic Tomato (fruit) Powder, Organic Dulse (*Palmaria palmata*) Powder, Cordyceps Mushroom (*Ophiocordyceps sinensis*), Goji Berry (*Lycium barbarum*), Lion's Mane Mushroom (*Hericium erinaceus*), Maca (*Lepidium meyenii*) Root, Reishi Mushroom (*Ganoderma lingzhi*), Siberian Ginseng (*Eleutherococcus senticosus*), Kale, Pumpkin, Sweet Potato, Sunflower Seed, Cranberry, Chlorella

### CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*
- Keep out of reach of children and pets.\*

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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