

# BODY ayurvedic cardio superfoods

**Suggested Use:** Add ½ teaspoon BODY to milk, juice, smoothies, etc. 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.

## Supplement Facts

**Serving Size:** ½ teaspoon (2.5 grams)

**Servings per container:** approximately 46

	Amount Per Serving	% Daily Value*	100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
<b>Calories</b>	10		<b>Ingredients:</b> Organic Beet (Root) Powder, Organic Hawthorn (Berry) Powder, Organic Turmeric (Root) Powder, Acai (Fruit) Juice Powder, Organic Amla (Fruit) Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Organic Astragalus membranaceus (Root) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Camu Camu (Berry) Powder, Organic Coconut (Fruit) Powder, Goji (Wolfberry) Juice Powder, Pomegranate (Seed) Juice Powder, Acerola (Fruit) Juice Powder, Organic Mangosteen (Fruit) Powder, Organic Strawberry (Fruit) Powder, Organic Cranberry (Fruit) Juice Powder, Organic Maqui (Berry) Powder, Organic Jabuticaba (Fruit) Powder, Panax Ginseng (Root) Powder, Rhodiola rosea (Root) Powder, Triphala Powder <b>Other Ingredients:</b> Luo han guo (Fruit) Powder
Calories from fat	0		
<b>Total Fat</b>	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
<b>Total Carbohydrate</b>	2.25g	1.7%	
Dietary Fiber	.5g	1.6%	
Sugars	1.5g		
Protein	0g	0%	
Vitamin A	6.36 IU	0.21%	
Vitamin C	137.65mg	152%	
Vitamin K	0mcg	0%	
Riboflavin	0.42mg	32%	
Niacin	1mg	6.25%	
Vitamin B6	8mcg	47%	
Folate	72mcg	14.4%	
Vitamin B12	2.4mcg	100%	
Calcium	9mg	0.89%	
Iron	0.34mg	1.7%	
Iodine	7mcg	4.6%	
Selenium	4mcg	7.2%	
Sodium	6.36mg	0.27%	
Potassium	182mg	4.7%	
Magnesium	86mg	24.5%	

**Important information:** 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.

**Allergy information:** 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.

\*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.

**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.**

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

**Manufactured Exclusively For**

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



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