

MIND ayurvedic brain superfoods

Suggested Use: Add ½ teaspoon MIND 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.
Calories	8		Ingredients: Organic Carrot (Root) 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, Organic Elmleaf (Blackberry) Juice Powder, Triphala Powder
Calories from fat	0		
Total Fat	0g	0%	Other Ingredients: Luo han guo (Fruit) Powder
Saturated Fat	0g	0%	
Trans Fat	0g	0%	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.
Total Carbohydrate	2g	1.5%	
Dietary Fiber	0g	0%	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.
Sugars	1.2g		
Protein	0g	0%	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Vitamin A	31 IU	1.03%	
Vitamin C	361mg	400%	†Daily Value not established.
Vitamin K	0mcg	0%	
Riboflavin	0.37mg	28.4%	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.
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%	

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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