

# SOUL ayurvedic pH superfoods

**Suggested Use:** Add ½ teaspoon SOUL 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 before meals to support digestion.

## 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>	13		<b>Ingredients:</b> Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Phyllanthus niruri (Seed) Extract, Bhiringraj (Eclipta alba) Extract, Guduchi (Tinospora cordifolia) Extract, Tephrosia purpurea (Fabaceae) Extract, Nirgundi (Vitex negundo) Extract, Bhumyamalaki Powder, Organic Camu Camu (Berry) Powder, Organic Alfalfa (Grass) Powder, Organic Astragalus membranaceus (Root) Powder, Organic Barley (Grass) Powder, Organic Lemon (Fruit) Powder, Organic Coconut (Fruit) Powder, Organic Kale (Leaf) Powder, Organic Gotu Kola Powder, Organic Spirulina Powder, Organic Karela (Bitter Melon) Powder, Organic Oat (Grass Powder), Organic Chlorella Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Rhodiola rosea (Root) Powder, Triphala Powder
Calories from fat	2		
<b>Total Fat</b>	2g	3%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
<b>Total Carbohydrate</b>	3g	1%	
Dietary Fiber	0g	0%	
Sugars	1.24g	4.9%	
<b>Protein</b>	2g	0%	
Vitamin A	159 IU	5.3%	
Vitamin C	152mg	168%	
Vitamin K	0mcg	0%	
Riboflavin	.37mg	28%	
Niacin	1.4mg	8.75%	
Vitamin B6	8mcg	47%	
Folate	62mcg	12.4%	
Vitamin B12	2.0mcg	83%	
Calcium	30mg	3.2%	
Iron	2mg	2.5%	
Iodine	12mcg	8%	
Sodium	7.02mg	0.3%	
Potassium	430mg	11.3%	
Magnesium	94mg	22%	

**Other Ingredients:** Luo han guo (Fruit) Powder

**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.

**Allergen 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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