

# MIND

ayurvedic brain superfoods

**HB**Naturals  
PRODUCT INFORMATION PAGE



## 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, Triphala Powder, Luo han guo (Fruit) Powder

## 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.

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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.

## product summary

As we age more and more of us are seeing our bodies outlasting our brain. The increase in devastating mind-related disorders is heartbreaking for so many.\*

Scientists have long known that inflammation contributes to these conditions, but lately, they have been turning up evidence that inflammation can affect the brain more directly, and acutely, and might underlie a wider range of brain problems.\*

The ingredients in Mind provide powerful nourishment for the brain and help the body with inflammation that may be responsible for causing memory and cognitive dysfunction.\*

The link between brain inflammation and mental health disorders may explain why the first things some customers experience when taking Mind are a sense of calm, increased feelings of happiness, and improved sleep.\*

## ingredient highlights

- **Mucuna Pruriens:** Naturally contains high levels of Levodopa, or L-dopa, which plays an important role in behavior, sleep, mood, memory, and learning.\*
- **Bacopa Monnieri:** Its use as a nerve and brain tonic for memory, learning, and concentration goes back at least 3,000 years.\*
- **Docosahexaenoic Acid (DHA):** A crucial omega fatty acid for the healthy structure and function of the brain. Studies suggest benefits on brain health and aging.\*
- **Curcumin (Turmeric):** Research studies at The Ohio State University found that Curcumin reduced the deadly amyloid plaque that develops in the brains of those with Alzheimer's.\*
- **Licorice Root:** Research conducted by Dr. Rosemarie Booze, a neuroscientist and professor, found a compound in licorice root that could prevent or slow down the cell death associated with neurodegenerative diseases such as Alzheimer's and Parkinson's.\*
- **Adaptogen Complex:** Adaptogenic herbs simultaneously calm and energize. Their unique abilities help improve mood, mental clarity, and physical stamina.\*