

SOUL

liver support & alkalizing wholefoods

HBNaturals
PRODUCT INFORMATION PAGE



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

suggested use

- 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.*

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.

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product summary

Although inflammation has long been known to play a role in allergic diseases like asthma, arthritis, and Crohn's Disease, Dr. Tanya Edwards, Director of the Center for Integrative Medicine, says that Alzheimer's Disease, cancer, cardiovascular disease, diabetes, high blood pressure, high cholesterol levels, and Parkinson's Disease may all be related to chronic inflammation in the body. Dr. Edwards writes that inflammation is now recognized as "the underlying basis of a significant number of diseases".*

Maintaining a healthy pH balance and supporting detoxification through the liver is a good first step toward controlling inflammation. Soul is packed with chlorophyll-rich alkalizing green superfoods and ancient Ayurvedic herbs known to support the liver and kidneys. The link between pH balance, the gut, and inflammation explains why the first things many customers notice when taking Soul are an increase in energy and fewer food cravings.*

ingredient highlights

- **Curcumin (Turmeric):** Researchers enrolled 117 people with metabolic syndrome in a study to determine curcumin's effects on inflammation. Half of the participants took one gram of curcumin powder daily for eight weeks while the other half received a placebo pill. At the end of the study, the curcumin group had lower levels of three blood markers of inflammation, including C-reactive protein (CRP), along with lower fasting blood sugar and hemoglobin A1c (a measure of longer term blood sugar levels).*
- **Milk Thistle:** Used by herbalists and physicians for hundreds of years to treat a wide range of liver concerns including hepatitis and fatty liver disease. Shown in studies to protect the liver from toxins, including drugs like acetaminophen, due to its chemical constituents, especially the flavonoid silymarin.*
- **Artichoke:** Used in traditional medicine for many years to address digestive and liver health issues. Artichoke, with its main active ingredient cynarin, has been shown to improve liver function in those with nonalcoholic fatty liver disease. Other potential health benefits may include improved digestion and lower cholesterol.*
- **Dandelion:** Containing over 100 known phytochemicals, Dandelion has been shown in studies to benefit overall liver function and health. Dandelion may also help normalize blood sugar levels, lower cholesterol, assist with skin and eye problems, and fight inflammation.*

HEPADETOX

detoxification blend

10ml

*HBN*naturals
PRODUCT INFORMATION PAGE



application

Internal • Topical

safety group #3

ingredients

Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)

ingredient highlights

- Carrot Seed has diuretic and purifying properties that make it an excellent detoxifier and liver support. It is extremely helpful in fighting jaundice and hepatitis, being most effective following, rather than during, an illness as it aids in regeneration by stimulating the growth of new cells and tissue.*
- Peppermint encourages bile formation, which is essential for optimal fat metabolism, while regulating the liver.*
- Lemon encourages bile secretion, aids liver function, and helps to decongest.*

product summary

HepaDetox is a blend of essential oils that are known to help the liver detox and also to regenerate and rebuild liver cells. The liver must deal with everyday toxins such as drugs and alcohol, food additives, and any other poisons that find their way into the digestive system along with toxins that we breathe in or are exposed to through the skin.*

It is important to protect the liver and to help it detox when possible. Drugs and alcohol are known to cause cirrhosis of the liver. Fatty Liver Disease and Hepatitis may also cause life-threatening damage to the liver.*

HepaDetox is best used after the initial phase of an acute attack of illness rather than during the attack.*

USES

- Rub 1 to 2 drops on the liver reflex area of the right foot. Massage in thoroughly.*
- Apply 1 to 2 drops, neat, to the skin directly over the liver area. Massage in thoroughly.*
- Add 2 to 3 drops to the juice of ½ or 1 whole organic lemon. Mix and drink.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- Do not exceed recommended dosages.
- 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.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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LEMON

citrus limon

10ml

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Household • Internal • Topical

properties

Organic

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

Safety Group: #2

Main Chemical Constituents: limonene, β -pinene, γ -terpinene

Therapeutic Properties: Antiseptic, astringent, antitoxic, anti-anemic, antimicrobial, antirheumatic, antisclerotic, antispasmodic, bactericidal, carminative, promotes the formation of scar tissue, purifying, diaphoretic, febrifuge, haemostatic, hypotensive, insecticide, rubescent, stimulates white blood cells, tonifier, vermifuge [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 120.]

uses

- Add 10-15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for an invigorating bath.*
- Add to drinking water for a refreshing burst of citrus flavor.*
- Diffuse to sanitize the air and create an energizing, uplifting environment.*
- Add to household cleaners to boost cleaning power.*
- Apply 1 drop, neat, to strengthen finger nails.*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.*

product summary

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result, it is considered the #1 Essential Oil to kill bacteria.*

According to Dr. Jean Valnet, when tested against other Essential Oils for airborne germs, Lemon came out as the number one disinfectant for the air.*

It is also very effective added to household cleaners; it imparts a fresh smell to the kitchen and bathroom while eliminating germs. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities. Combine with baking soda for a great scouring powder on sinks and counter-tops.*

Add to food to enhance the flavor of desserts, main dishes, or cool, refreshing drinks. Taking Lemon internally can provide cleansing and digestive benefits.*

responsible cautions

- Lemon essential oil is non-toxic (if organic), and non-irritant. It will however cause the skin to sunburn if exposed to the sun right after application; you should wait several hours, keeping the skin covered, before exposing skin to sunlight.
- 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.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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