

SOUL

ayurvedic pH superfoods

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

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, Bhummyamalaki 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, Luo han guo (Fruit) Powder

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 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

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

- **Phyllanthus niruri:** Also known as Chanca Piedra or Stonebreaker, it helps promote healthy liver action and kidney health by preventing the formation of calcium oxalate crystals which can cause kidney stones.*
- **Bhiringraj:** Helps support the kidneys and liver as well as promoting skin, hair, and heart health. Phytonutrients present include the alkaloid ecliptinen, wedelolactone, wedelic acid, apigenin, luteolin, b-amyirin, volatile oils, saponineclalbatin, alpha-amyirin, ursolic acid, and oleanolic acid.*
- **Guduchi:** Known for its ability to support the immune system, promote joint health, and prevent stress. Guduchi contains alkaloids, diterpenoid lactones, glycosides, steroids, sesquiterpenoid, phenolics, aliphatic compounds, and polysaccharides.*
- **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).*
- **Tephrosia Purpurea:** Helps support the liver, kidneys, blood, and heart and may also assist in wound healing. Contains antioxidants, flavonoids, glycosides, rotenoids, isoflavones, flavanones, alkaloids, carbohydrates, tannins and phenols, gums and mucilage, fixed oils and fats, saponins and lipids.*
- **Nirgundi:** Supports liver health, promotes digestion, metabolism and respiratory function, and muscular and mental health. Nirgundi contains phenol, dulcitol, alkaloid-vitricine, B-sitosterol, camphene, A- and B-Pinenes, angoside, acunbin, casticin, artemetin, and orientin.*