

# Beetroot Max

red vitality shot

HBNaturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Beet (Root) Powder, Organic Amla (Fruit) Powder, Organic Hawthorn (Berry) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Green Tea (Leaf) Powder, Organic Ashwagandha (Root) Powder, Organic Turmeric (Root) Powder, Organic Rosehip (Fruit) Powder, Turmeric (Root) Extract [Standardized to min. 95% Curcuminoids (630 mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)], Capros® Amla (Fruit) Extract, Organic Garlic (Bulb) Powder, Organic Noni (Fruit) Powder, Organic Ginseng (Root) Powder, Astragalus (Root) Powder, Organic Acerola (Fruit) Juice Powder, Organic Bilberry (Leaf) Powder, Vitamin C (Ascorbic acid), Organic Black Pepper (Fruit) Powder, Triple Probiotic (Bacillus coagulans, Bacillus subtilis, Bacillus clausii) Powder 1 Billion CFU/g

**Trademark Declarations:** Capros® is a registered trademark of Kerry Company, used under license.



## suggested use

- Add 1 scoop Beetroot Max to 1 ounce of water. Mix well. Drink. Follow with 16 ounces of water. For best results take two (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

Beetroot Max is a proprietary blend meticulously formulated to support heart health and enhance energy levels. Central to this formulation are beets, which are rich in nitrates known to improve blood flow and cardiovascular function. Complementing this are hawthorn berries, a traditional heart tonic revered for their ability to strengthen the heart and improve circulation. Together, these ingredients create a powerful synergy that promotes overall heart health.\*

What sets Beetroot Max apart is its inclusion of Capros®, a patented natural botanical extract derived from the edible fruits of Amla (Phyllanthus emblica). Capros® is clinically proven to support healthy blood vessels, reduce oxidative stress, and enhance nitric oxide production, further boosting cardiovascular health and vitality.\*

With its unique combination of science-backed ingredients, Beetroot Max not only supports the heart but also provides sustained energy, making it an excellent choice for those seeking a natural way to enhance their daily performance.\*

## ingredient highlights

- **Beets:** Packed with nitrates, which the body converts into nitric oxide, a compound that helps relax and widen blood vessels. This improved blood flow can lower blood pressure, enhance circulation, and support overall cardiovascular health, making beets a powerful ally for maintaining a healthy heart.\*
- **Hawthorn Berry:** Well-known for their cardiovascular benefits, particularly their ability to strengthen the heart and improve blood circulation. Rich in antioxidants, these berries help reduce inflammation and support healthy blood pressure, making them an excellent natural remedy for promoting overall heart health and vitality.\*
- **Capros®:** A patented extract derived from Indian gooseberry (Amla) that offers a range of health benefits, particularly for cardiovascular health. Clinically proven to support healthy blood vessels and improve circulation, Capros® helps increase nitric oxide production, which plays a crucial role in maintaining healthy blood pressure. Additionally, its powerful antioxidant properties help reduce oxidative stress, protecting the heart and promoting overall cardiovascular wellness.\*

### Clinical studies for Capros®:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6503348/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4390209/>

# Berberine ACV

advanced wellness support



## ingredients

Organic Lemon (Citrus Limon) Powder, Organic Apple Cider Vinegar (Malus domestica, fruit), Organic Barberry (Berberis vulgaris) Root, Organic Turmeric (Curcuma longa), Organic Ginger (Zingiber officinale), Organic Ashwagandha (Withania somnifera), Organic Fermented Nutritional Yeast (Saccharomyces cerevisiae), Wild Atlantic Kombu (Laminaria digitata), Organic Cayenne Pepper (Capsicum annum)

## suggested use

- Start with ½ scoop in up to four ounces of water once per day. Follow with 16 ounces of water. Slowly build up to the suggested serving size of 1 scoop per day.

**Caution:** Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.

## 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

Berberine ACV is a proprietary plant-based blend to assist with natural energy, healthy weight management, reducing inflammation, stabilizing blood glucose levels, eliminating cravings, boosting metabolism, improving gut health, and more! It is an all-natural source of minerals, vitamins, and iodine, from whole food sources.\*

Berberine is a potent compound found in barberry and well-known for its exceptional health benefits. Berberine has been used for centuries in Chinese, Ayurvedic, and folk medicine for its versatile therapeutic benefits. It has been shown in studies to decrease body weight, regulate metabolism, inhibit "fat synthesizing" enzymes, improve insulin sensitivity, promote glucose uptake in cells, and to positively impact appetite-regulating hormones leptin and ghrelin.\*

Experience the power of Berberine, combined with Apple Cider Vinegar and a total of 9 superfoods, to supercharge your wellness in one convenient daily dose!\*

## ingredient highlights

- **Barberry Root:** Shown in studies to have numerous health benefits including anti-inflammatory ones due to the active ingredient berberine. Has been used for thousands of years to treat digestive issues, infections, skin conditions, and to promote vigor and an overall sense of well-being.\*
- **Apple Cider Vinegar:** Research suggests that apple cider vinegar may have beneficial health properties, including antimicrobial and antioxidant effects. It can reduce inflammation, support healthy digestion and gut health, help regulate blood sugar levels, assist weight management, and contribute to health by helping to lower cholesterol and blood pressure.\*
- **Lemon:** This limonene-rich source of vitamin C and powerful antioxidants can support the immune system, provide anti-inflammatory benefits, promote healthy digestion, help increase energy levels, and may assist in weight reduction and management.\*
- **Curcumin (Turmeric):** A powerful antioxidant and anti-inflammatory shown in many high-quality studies to have major benefits for the body and brain.\*
- **Ashwagandha:** Helps reduce stress and anxiety, supports adrenal health and hormone balance, enhances cognitive function, boosts immune function, improves sleep quality, supports thyroid health and metabolism regulation, helps regulate blood sugar levels.\*

# SLIMMER MAX



## Healthy Weight Management

Unlike other weight loss products, Slimmer does not contain laxatives or stimulants. It's made with 9 powerful metabolism-boosting superfoods. It's simple, it's safe, and it works!

Start with one serving of Slimmer in the morning for the first three days. If you have a substantial amount of weight to lose, it might be beneficial to drink Slimmer at breakfast and again at lunch. If you struggle with binge eating at night, you can add in a shot of Mind after dinner. The key to success with Slimmer is consistency and persistency.\*

## Benefits

- Boosts metabolism\*
- Decreases cravings\*
- Increases energy\*
- Burns fat\*
- Reduces stress\*
- Stabilizes blood glucose levels\*

## Responsible Cautions

- Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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## Suggested Use

Mix 1 scoop of Slimmer into 8 ounces of water, ideally 30 minutes before meals. Slimmer can be taken up to 3 times per day.\*

## Ingredients

*Organic Freeze Dried Coconut (Cocos Nucifera) Water, African Mango (Irvingia Gabonensis) Seed, Green Coffee (Coffea arabica L., Rubiaceae) Bean (50% chlorogenic acid and less than 2% natural caffeine) Extract, Organic Blue Agave Inulin (Agave Tequilana) Plant, Garcinia Cambogia (Garcinia gummi-gutta) Fruit (with 50% HCA) Extract, Organic Mulberry (Morus Alba) Leaf, Organic Sea Buckthorn (Hippophae rhamnoides) Fruit, Lemon (Citrus Limon) Fruit, Chromium® (as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit), Organic Irish (Chondrus crispus) Moss, Sensoril® Trim Ashwagandha (Withania somnifera) Root and Leaf Extract (10% Withanolides), Organic Luo Han Guo (Siraitia grosvenorii) Fruit, Organic Beet (Beta Vulgaris) Root*

**Sensoril®** **Crominex® 3+**

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# VITALITEA

## Energy & Detox

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.\*

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.\*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.\*

## Benefits

- Cleanses digestive system\*
- Removes toxins\*
- Increases energy\*
- Boosts metabolism\*
- Supports healthy weight\*
- Supports immune system\*

## Responsible Cautions

- Keep out of reach of children and pets.
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## Suggested Use

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight.

Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VITALITEA before 4:00 pm.\*

Although steeping for just a couple of hours will also work, steeping VITALITEA for up to twelve hours creates a phytonutrient-rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.\*

## Ingredients

*Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove*

# Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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## suggested use

- Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.

## ingredients

Ocimum tenuiflorum (Holy Basil), Althaea officinalis (Marshmallow) Root, Cnicus benedictus (Blessed Thistle), Cassia angustifolia (Senna) Leaf, Carica papaya (Papaya) Fruit Extract, Zingiber officinale (Ginger) Root

## ingredient highlights

- **Holy Basil (Tulsi):** A powerful adaptogen, Holy Basil helps manage stress, promote mental balance, and strengthen immunity. Its antioxidants combat oxidative stress, while anti-inflammatory properties may alleviate arthritis. It also supports respiratory health by easing asthma and bronchitis symptoms and helps regulate blood sugar and improve insulin sensitivity.\*
- **Marshmallow Root:** This soothing root forms a gel-like substance that relieves coughs, sore throats, and respiratory discomfort. It eases digestive issues such as gastritis and ulcers, while its anti-inflammatory properties reduce inflammation and enhance overall well-being.\*
- **Blessed Thistle:** Known for stimulating appetite and relieving bloating, this herb supports lactation and promotes liver and gallbladder health by enhancing bile production. Its anti-inflammatory and antioxidant compounds protect cells and reduce inflammation.\*

## product summary

This revitalizing tea blends the health-boosting properties of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root to support overall well-being. Holy Basil helps manage stress and promote mental balance, while Marshmallow Root soothes sore throats and aids digestion. Blessed Thistle relieves bloating and supports liver and gallbladder health with its powerful anti-inflammatory benefits.

Papaya aids digestion, reduces inflammation, and boosts immunity, while Ginger Root improves gut health, eases nausea, and promotes joint comfort. Senna Leaf offers gentle detoxification and supports natural bowel regularity. Rich in antioxidants, this tea combats oxidative stress, strengthens immunity, supports weight management, and regulates blood sugar, delivering balance and vitality in every sip.\*

## benefits

- **Boosts Metabolism:** Holy Basil (Tulsi) Tea is believed to boost metabolism, potentially aiding calorie burning.\*
- **Natural Detoxifier:** Often regarded as a natural cleanser, Holy Basil (Tulsi) Tea may help eliminate toxins from the body.\*
- **Supports Digestion:** When paired with ginger, Holy Basil (Tulsi) Tea effectively aids digestion, promoting improved nutrient absorption and overall gut health.\*
- **Eases Stress:** Renowned for its adaptogenic properties, Holy Basil (Tulsi) Tea may help reduce stress, which can positively impact eating habits and overall well-being.\*

## responsible cautions

- Holy Basil (Tulsi) Tea may modify glucose regulation.
- 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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# Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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## main constituents

### HOLY BASIL (TULSI)

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.\*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.\*
- **Caryophyllene:** A sesquiterpene hydrocarbon found in Holy Basil leaf oil that contributes to its calming and anti-inflammatory properties, supporting stress relief and overall wellness.\*
- **Phenolic compounds:** Holy Basil's fresh leaves and stems are rich in antioxidants such as cirsilineol, circimaritin, isothymusin, apigenin, and rosmarinic acid, which help protect the body from oxidative stress and support overall health.\*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.\*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.\*

#### Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

### BLESSED THISTLE

- **Cnicin:** The main compound in Blessed Thistle, cnicin gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.\*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.\*

#### Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

### SENNA LEAF

- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.\*

#### Clinical studies for Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

### PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.\*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.\*
- **Antioxidants:** Phenolic compounds and vitamin C help reduce oxidative stress, boost immunity, and enhance overall well-being.\*

#### Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

### MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.\*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.\*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.\*

#### Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

### GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.\*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.\*

#### Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>

# Soursop Fusion Tea

nature's powerhouse for vitality & wellness

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## suggested use

- Start with ¼ scoop, and gradually build to a full scoop. Mix in up to 8 ounces of water, smoothie, or your favorite beverage, once or twice daily, or as advised by your healthcare professional.

## ingredients

Organic *Annona muricata* (Graviola) (Soursop) Leaf Powder, Organic *Astragalus membranaceus* (Astragalus) Root Powder, Organic *Panax quinquefolius* L. (Ginseng) Root Powder, Organic *Curcuma longa* (Turmeric) Root Powder, Organic *Myrciaria dubia* (Camu Camu) Fruit Powder

## ingredient highlights

- **Soursop:** This nutrient-packed fruit is known for its immune-boosting and anti-inflammatory properties. Rich in antioxidants, it supports cellular health, digestion, and energy while promoting overall well-being.\*
- **Astragalus:** A powerful adaptogen that supports immune function, reduces inflammation, and boosts energy levels. Known for its antioxidant properties, it also promotes heart health, enhances stress resilience, and supports overall vitality.\*
- **Ginseng:** A potent adaptogen known for boosting energy, enhancing focus, and reducing stress. It supports immune health, promotes mental clarity, and improves overall resilience and well-being.\*

## product summary

Soursop Fusion Tea is a powerhouse blend of natural ingredients carefully chosen to support overall health and vitality. Soursop, known for its rich nutrient profile, is packed with antioxidants that help combat free radicals, reduce inflammation, and support immune health. Astragalus, a well-known adaptogen, enhances the body's ability to handle stress, strengthens the immune system, and promotes cardiovascular health. Together, these ingredients create a tea that not only nourishes the body but also helps maintain balance and resilience.\*

This unique blend also features turmeric, ginseng, and camu camu, adding even more health benefits to every sip. Turmeric is revered for its potent anti-inflammatory and antioxidant properties, which support joint health and promote digestion. Ginseng boosts energy, improves focus, and enhances the body's natural defenses, while camu camu, rich in vitamin C, strengthens immunity and supports skin health. Soursop Fusion Tea is more than a beverage - it's a daily ritual for a healthier, more balanced lifestyle.\*

## benefits

- **Boosts Immunity:** Packed with antioxidants to strengthen the immune system and fight free radicals.\*
- **Reduces Inflammation:** Combines turmeric and soursop to promote a healthy inflammatory response.\*
- **Enhances Energy:** Ginseng and astragalus help improve focus and support natural energy levels.\*
- **Supports Digestion:** Aids in gut health and nutrient absorption for overall well-being.\*

## responsible cautions

- Keep out of reach of children and pets.
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# Soursop Fusion Tea

nature's powerhouse for vitality & wellness

## main constituents

### SOURSOP

- **Acetogenins:** These naturally occurring compounds found in plants like soursop are known for their powerful health benefits. They are celebrated for their potential to support cellular health by targeting abnormal cells, promoting a healthy inflammatory response, and providing antioxidant protection. Additionally, acetogenins may aid in boosting immunity and supporting overall well-being, making them a valuable addition to a balanced lifestyle.\*
- **Alkaloids:** Naturally occurring compounds found in many plants, known for their diverse health benefits. They exhibit powerful properties such as reducing inflammation, supporting immune function, and promoting pain relief. Additionally, alkaloids can help protect against infections, support cardiovascular health, and improve overall well-being, making them vital components of various traditional and modern health practices.\*
- **Flavonoids:** These natural compounds found in fruits, vegetables, and herbs, are celebrated for their powerful health benefits. They are rich in antioxidants, helping to combat oxidative stress and support heart health. Flavonoids have anti-inflammatory properties, boost immune function, and promote brain health. These versatile compounds play a vital role in protecting against chronic diseases and supporting overall health and well-being.\*

#### Clinical studies for Soursop:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8878098/>
- <https://pubmed.ncbi.nlm.nih.gov/26184167/>

### ASTRAGALUS

- **Polysaccharides:** These complex carbohydrates are found in foods like mushrooms, seaweed, and plants, and offer numerous health benefits. They support immune function by enhancing the body's natural defenses, promote gut health by acting as prebiotics, and provide sustained energy. Additionally, polysaccharides have antioxidant and anti-inflammatory properties, helping to protect cells and support overall well-being.\*
- **Saponins:** These plant-based compounds are known for their diverse health benefits. They help lower cholesterol levels, support immune function, and reduce inflammation. With antioxidant properties, saponins protect against oxidative stress and promote liver health. Additionally, they may combat viruses, bacteria, and parasites, making them a valuable part of a balanced, health-focused lifestyle.\*

#### Clinical studies for Astragalus:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7105737/>
- <https://pubmed.ncbi.nlm.nih.gov/38659573/>

### GINSENG

- **Ginsenosides:** Known for their powerful health benefits, ginsenosides help boost energy, enhance cognitive function, and support immune health. Additionally, ginsenosides exhibit anti-inflammatory and antioxidant properties, promote cardiovascular health, and aid in reducing stress, making them a key contributor to overall health and well-being.\*
- **Peptides:** These short chains of amino acids play a crucial role in many biological functions. Known for their regenerative properties, peptides can support skin health, boost collagen production, and improve wound healing. They also aid in muscle recovery, enhance immune function, and promote overall cellular health, making them essential for maintaining vitality and well-being

#### Clinical studies for Ginseng:

- <https://www.ncbi.nlm.nih.gov/books/NBK67758/>
- <https://pubmed.ncbi.nlm.nih.gov/21154383/>

### TURMERIC

- **Curcuminoids:** Best known for their strong anti-inflammatory and antioxidant properties, which help reduce inflammation, combat oxidative stress, and support joint and heart health. Curcuminoids may also boost immune function, promote brain health, and support overall well-being, making them a valuable addition to a healthy lifestyle.\*

#### Clinical studies for Turmeric:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3535097/>
- <https://pubmed.ncbi.nlm.nih.gov/19594223/>

### CAMU CAMU

- **Vitamin C (ascorbic acid):** Vitamin C, also known as ascorbic acid, is an essential nutrient with powerful health benefits. It supports a strong immune system, helps protect cells from oxidative stress, and promotes healthy skin by boosting collagen production. Vitamin C also aids in wound healing, enhances iron absorption, and supports overall energy and vitality, making it a cornerstone of good health.\*

#### Clinical studies for Camu Camu:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296744/>
- <https://pubmed.ncbi.nlm.nih.gov/31816536/>



# Black Seed Oil

3,000 mg Thymoquinone

1 ounce

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## ingredients

Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

## suggested use

- Shake well before each use. Take up to 30 drops (1 full dropper or 1ml).

## responsible cautions

- May increase the effect of anticoagulant drugs.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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## product summary

Black Seed (Nigella Sativa) is a traditional herb that has been used for centuries to promote health and general well-being.

Also known as Black Cumin, Black Caraway, or the "Blessed Seed", Black Seed has a rich and diverse chemical composition containing the phytochemicals thymoquinone and crystalline nigellone, antioxidants, amino acids, proteins, carbohydrates, essential fatty acids, and minerals like calcium, iron, and potassium.\*

Since 1959, over 500 peer-reviewed studies at international universities and untold journal articles have been published on this multi-faceted herb, and many of Black Seed's components are still being discovered and researched.\*

Millions of people in Asia, the Middle East, Eastern Europe, and Africa have used Black Seed for thousands of years to support the body with a variety of concerns like respiratory health, stomach and intestinal complaints, circulatory and immune system support, and skin conditions.\*

Black Seed may support metabolism and improve digestion, and published studies have shown that it may have a healthy effect on blood sugar levels.\*

Thymoquinone, the chief bioactive constituent in Black Seed, holds promising pharmacological properties against several diseases. It exhibits outstanding antioxidant, anti-inflammatory, anticancer, and other important biological activities.\*

# MIND

cognitive support & nootropic wholefoods

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## ingredients

Organic Turmeric (*Curcuma longa*) Root Powder, Organic Orange (*Citrus sinensis*) Fruit Juice Powder, Organic Coconut (*Cocos nucifera*) Fruit Powder, Organic Carrot (*Daucus carota*) Root Juice Powder, Organic Lion's Mane (*Hericium erinaceus*) Mushroom Extract Powder, Organic Camu Camu (*Myrciaria dubia*) Fruit Powder, Luo Han Guo (Monk Fruit) Extract Powder (7%), Organic Ashwagandha (*Withania somnifera*) Root Powder, Organic Astragalus (*Astragalus membranaceus*) Root Powder, Organic Ceylon Cinnamon (*Cinnamomum verum*) Bark Powder, Organic Gotu Kola (*Centella asiatica*) Aerial Parts Powder, Organic Ginger (*Zingiber officinale*) Root Powder, Panax Ginseng (*Panax ginseng*) Root Powder, Organic Fenugreek (*Trigonella foenum-graecum*) Seed Powder, Organic Mucuna Pruriens (*Mucuna pruriens*) Seed Powder, Organic Bacopa Monnieri (Brahmi) Aerial Parts Powder, Licorice (*Glycyrrhiza glabra*) Root Extract (4:1), Vegetable DHA (Docosahexaenoic Acid) Powder (10%)

## suggested use

- Add 1 scoop Mind 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 two (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

As we age, too many of us are watching our bodies outlast our minds. The rise in memory loss, cognitive decline, and mental health struggles is devastating - but emerging research is uncovering a critical connection: brain inflammation.\*

Scientists now believe inflammation isn't just a contributor, it's a driving force behind many brain-related disorders. Addressing this underlying issue may be key to protecting memory, focus, and long-term cognitive health.\*

That's where Mind comes in. This powerful blend delivers targeted nourishment to support brain function, mental clarity, and emotional well-being. By helping the body manage inflammation, Mind may promote calm, happiness, and even better sleep - often among the first benefits customers notice.\*

Your brain deserves care, just like the rest of your body. Give it the support it needs with Mind.\*

## ingredient highlights

- **Curcumin (Turmeric):** Curcumin, the active compound in turmeric, has been extensively studied for its anti-inflammatory and neuroprotective properties. Research from The Ohio State University found that curcumin helps reduce amyloid plaque buildup - a key factor in the progression of Alzheimer's disease. By supporting brain health, cognitive function, and memory, curcumin may play a vital role in protecting against neurodegenerative decline and promoting long-term mental clarity.\*
- **Mucuna Pruriens:** A natural source of Levodopa (L-dopa), a key compound that supports mood, memory, learning, and restful sleep. As a precursor to dopamine, L-dopa plays a vital role in behavior, motivation, and cognitive function, helping to promote a balanced mood and overall mental well-being.\*
- **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.\*
- **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.\*

## main constituents

### TURMERIC

- **Curcumin:** The main active compound in turmeric, curcumin is a powerful anti-inflammatory and antioxidant known to support brain health, joint function, and overall well-being. Research suggests it may help reduce oxidative stress, improve cognitive function, and protect against neurodegenerative decline.\*

#### Clinical studies for Turmeric:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8187459/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10111629/>

### ORANGE

- **Limonene:** Known for its antioxidant, anti-inflammatory, and mood-boosting properties. It supports digestive health, immune function, and stress relief, while also promoting a sense of calm and mental clarity.\*

#### Clinical studies for Orange:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8570725/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10981099/>

### COCONUT

- **Lauric acid:** A beneficial fatty acid found in coconut, that is known for its antimicrobial, immune-boosting, and heart-supporting properties. It helps fight harmful pathogens, promote healthy cholesterol levels, and support overall wellness.\*

#### Clinical studies for Coconut:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10969476/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7766932/>

### CARROT

- **Beta carotene:** A powerful antioxidant found in colorful fruits and vegetables that supports vision, immune function, and skin health. The body converts it into vitamin A, which is essential for cell growth, eye health, and overall well-being.\*

#### Clinical studies for Carrot:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10608851/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6770766/>

### LION'S MANE MUSHROOM

- **Terpenoids:** Hericenones and erinacines are two powerful compounds that support brain health, nerve regeneration, and cognitive function. These bioactive constituents may help enhance memory, reduce inflammation, and protect against neurodegenerative decline.\*

#### Clinical studies for Lion's Mane:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10675414/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9479623/>

### CAMU CAMU

- **Vitamin C:** The key chemical component and a powerful antioxidant that supports immune function, collagen production, and overall skin health. It helps reduce inflammation, fight oxidative stress, and promote cellular repair for enhanced well-being.\*

#### Clinical studies for Camu Camu:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9933082/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11154359/>

### ASHWAGANDHA

- **Withanolides:** The active compounds in Ashwagandha, withanolides, are known for their adaptogenic, anti-inflammatory, and neuroprotective properties. They help reduce stress, support cognitive function, enhance immunity, and promote overall vitality.\*

#### Clinical studies for Ashwagandha:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8762185/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10281725/>

### ASTRAGALUS

- **Saponins:** Natural plant compounds known for their antioxidant, immune-boosting, and cholesterol-lowering properties. They help support heart health, reduce inflammation, and enhance the body's ability to fight infections.\*

#### Clinical studies for Astragalus:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10482111/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10204964/>

### CEYLON CINNAMON

- **Cinnamaldehyde:** Known for its antioxidant, anti-inflammatory, and blood sugar-supporting properties. It helps regulate glucose levels, promote heart health, and combat harmful pathogens.\*

#### Clinical studies for Ceylon Cinnamon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6668558/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5622575/>

### GOTU KOLA

- **Triterpenoids:** Asiaticoside, madecassoside, and asiatic acid are the main triterpenoids in gotu kola, and they support cognitive function, skin health, and circulation. These compounds help enhance memory, reduce inflammation, and promote wound healing.\*

#### Clinical studies for Gotu Kola:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9650315/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4908235/>

# BODY

ayurvedic cardio superfoods

**HBN**naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Beet (Root) Powder, Organic Hawthorn (Berry) Powder, Organic Turmeric (Root) Powder, Acai (Fruit) Juice Powder, Organic Amla (Fruit) Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Organic Astragalus membranaceus (Root) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Camu Camu (Berry) Powder, Organic Coconut (Fruit) Powder, Goji (Wolfberry) Juice Powder, Pomegranate (Seed) Juice Powder, Acerola (Fruit) Juice Powder, Organic Mangosteen (Fruit) Powder, Organic Strawberry (Fruit) Powder, Organic Cranberry (Fruit) Juice Powder, Organic Maqui (Berry) Powder, Organic Jaboticaba (Fruit) Powder, Panax Ginseng (Root) Powder, Rhodiola rosea (Root) Powder, Triphala Powder, Organic Luo han guo (Monk Fruit) Powder

## suggested use

- Add ½ teaspoon BODY 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.

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## product summary

Although it is not yet proven how inflammation directly causes cardiovascular diseases, the medical community agrees that chronic, low-grade inflammation is closely linked to all stages of atherosclerosis, a disease that underlies heart attack, stroke, and peripheral artery disease.\*

With our proprietary high-nitrate beetroot juice combined with hawthorn berry for maximum nitric oxide delivery, just one serving of Body provides powerful nourishment for your cardiovascular system and may help reduce chronic inflammation. Nitric oxide helps relax the lining of the blood vessels, and that can result in lower blood pressure. Many customers tell us that with consistent use of Body their doctors are lowering their blood pressure medications.\*

## ingredient highlights

- **Beets:** Researchers have known for some time that beet juice may help lower blood pressure, but in 2010 scientists in the UK revealed that nitrate is the special ingredient in beetroot which lowers blood pressure and may help to fight heart disease.\*
- **Hawthorn Berry:** Hawthorn berries are used widely as an approved treatment for early stages of heart failure in Europe. According to the University of Maryland, hawthorn berries contain compounds that help dilate blood vessels, prevent damage to blood vessels, and improve blood flow.\*
- **Curcumin (Turmeric):** A study published in the journal *Nutrition Research* stated that curcumin, the primary polyphenol in turmeric and what gives the spice its golden hue, is as effective in improving vascular function in post-menopausal women as a moderate aerobic exercise training regimen.\*
- **Antioxidant Complex:** Berries contain particularly high levels of antioxidants known as polyphenols. Increased intake of polyphenols may reduce the risk of cardiovascular disease by an impressive 46% according to the results of the international PREDIMED (Prevention con Dieta Mediterranea) study.\*
- **Amla:** The Indian Gooseberry has been well known to practitioners of Ayurvedic medicine for more than 3,000 years. There is growing evidence that amla berries offer nearly legendary powers in healing and preventing atherosclerosis and related cardiovascular disease.\*
- **Adaptogen Complex:** Helps the body achieve the state of homeostasis by assisting hormone-producing glands such as the hypothalamus, pituitary, adrenals, thyroid, and pancreas as well as other glands and some hormone-producing organs such as the liver, kidneys, heart, and thymus.\*

# 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.\*

# Purge Tonic

gut health • detox • immunity

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

*Organic Dandelion (Taraxacum officinale) Root, Organic Burdock (Arctium lappa) Root, Organic Rhubarb (Rheum palmatum) Root, Pau D'Arco (Tabebuia avellanedae) Bark, Organic Cat's Claw (Uncaria tomentosa) Bark, Organic Sheep Sorrel (Rumex acetosella) Herb, Organic Goldenseal (Hydrastis canadensis) Root, Water, Organic Sugar Cane Alcohol (30%)*

## responsible cautions

- This product should not be used by pregnant or lactating women, young children, and the immunocompromised.
- **Read and follow directions carefully.** This product contains Rhubarb Root (*Rheum palmatum*) and should not be used if you have or develop diarrhea, loose stools, or abdominal pain as Rhubarb Root may worsen such conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

## product summary

Approximately 3.5 billion people worldwide suffer from parasitic infections, making them the most prevalent type of infection. And sadly, most people who are infected by parasites don't even know it because many of the parasites you are likely to be infected with are microscopic.\*

If you suffer from gas, bloating, constipation, diarrhea, or other digestive issues, your body could be inundated with parasites and other toxins. Intestinal parasites can enter the body in a variety of ways including eating raw or undercooked meat, contact with pets or other animals who are infected, drinking contaminated water, and swimming in lakes, rivers, or streams. Left untreated, parasitic infections can expand and lead to other health issues like chronic fatigue, brain fog, and weakened immunity.\*

Purge Tonic is a blend of herbs formulated to support the body in gentle cleansing. Convenient to use, Purge Tonic is water soluble for rapid and efficient absorption. Along with detoxing parasitic organisms, Purge Tonic may improve digestion, increase energy and mental clarity, and support a healthy immune system.\*

## directions

- Add 325mg (1/8 tsp - approximately 20 drops) to water or juice several times each day, as needed.\*

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