

# 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.\*

# BODY

ayurvedic cardio superfoods

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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.\*

## 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.
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## 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

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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.\*