

Call us toll free at: **1-800-925-1371**



RUVED Inc.
a subsidiary of Ayush Herbs Inc.
Redmond, WA
Toll Free: **1-800-925-1371**
www.ruved.net

Statements herein have not been evaluated by the U.S. Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease or condition.



Three Bitters™ (Trikatu)
Digestive Support



Ayurvedic Energetics:

Guna: Heavy and oily

Rasa: Sweet and bitter

Vipak: Sweet

Virya: Cold

Prabhav: Rasayan, Vrishya
(adaptogen, sexual tonic)

Trikatu™ (Combination of Long pepper, Black pepper and Ginger): A common combination used to stimulate the digestive system. Trikatu™ has a stimulating effect on gastric mucosa and has shown to enhance the bioavailability of nutrients in the digestive tract. Deficiencies of IgA have been linked to food allergies. RUVED's Trikatu™ formula supports the body's natural production of secretory IgA. It is also an excellent support for respiratory health. In Ayurvedic tradition, Trikatu™ is known as a heating formula. Its thermogenic action promotes "Agni," or "digestive fire," eliminating harmful toxins and revitalizing metabolism. Trikatu™ enhances bioavailability - the healthy absorption of nutrients. When digestive health is restored, healthy weight can be maintained with ease.



Suggested Use:
1 Capsule three times daily
or as directed by you physician.
For more information on these herbs
and research, please visit our website at
www.ruved.net



Three Bitters™
(Trikatu)
Digestive Support

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Extracts Of:	Amount per Capsule	% Daily Value
Black Pepper	Proprietary blend	*
(<i>Piper nigrum</i>)	totaling	*
Ginger	250mg	*
(<i>Zingiber officinale</i>)		*
Pippali		*
(<i>Piper longum</i>)		*

*Percent daily values are based on a 2000 calorie diet.
†Daily value not established

Other Ingredients: Vegetarian Capsule (Cellulose and Chitosan). Free from Milk, Soy, Egg and Wheat.