



AYURVEDIC HERBS

Vata Digest™

Digestion Formula for Vata*



90 Tablets
Dietary Supplement

Certified Organic

SUGGESTED USE: Take 1-2 tablets, once or twice daily, or as directed by your health practitioner. Not for use by pregnant women.

Supplement Facts

Serving Size: 1 tablet

Servings Per Container: 90

Amount Per Tablet

Proprietary Blend	500mg**
Cumin seed (<i>Cuminum cyminum</i>) ⁺	
Ajamoda seed (<i>Apium graveolens</i>) ⁺	
Black Cumin seed (<i>Nigella sativa</i>) ⁺	
Black Pepper fruit (<i>Piper nigrum</i>) ⁺	
Ginger root (<i>Zingiber officinale</i>) ⁺	
Pippali fruit (<i>Piper longum</i>) ⁺	
Mineral Salt	
Asafoetida resin (<i>Ferula asafoetida</i>)	
Fenugreek seed (<i>Trigonella foenum-graecum</i>) ⁺	

⁺Certified Organically Grown **Daily Value not established

Vata Digest is the classical Ayurvedic formula known as "Hingvastak". This traditional combination of herbs reduces excess vata in the GI tract, promoting healthy digestion and gently maintaining regularity.*

Other ingredients, from natural sources: organic maltodextrin, organic lac resin, silicon dioxide. Free of gluten, soy and dairy. 100% vegetarian.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Store in a cool, dry place. Keep out of reach of children. Do not use if seal is broken or missing.

Distributed by
Banyan Botanicals,
Albuquerque, NM 87113

Certified organic by
New Mexico Department
of Agriculture



1-800-953-6424 www.banyanbotanicals.com

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