



AYURVEDIC HERBS

Healthy Vata™

Balancing 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.

If you are pregnant, nursing, taking medications, or have a medical condition please consult with your health care practitioner prior to the use of this product.
Keep out of the reach of children.

Supplement Facts		Serving Size: 2 tablets	Servings Per Container: 45
Amount Per Serving		Other ingredients, from natural sources: organic rice flour, organic gum acacia. 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. Do not use if seal is broken or missing.	
Proprietary Blend	1000mg**		
Ashwagandha root, <i>Withania somnifera</i> ⁺			
Shatavari root, <i>Asparagus racemosus</i> ⁺			
Finger-leaf Morning Glory root (Vidari Kanda), <i>Ipomoea digitata</i> ⁺			
Gotu Kola leaf (Brahmi), <i>Centella asiatica</i> ⁺			
Indian Tinospora stem (Guduchi), <i>Tinospora cordifolia</i> ⁺			
Velvet Bean seed (Kapikacchu), <i>Mucuna pruriens</i> ⁺			
Cardamom seed, <i>Elettaria cardamomum</i> ⁺			
Long Pepper fruit (Pippali), <i>Piper longum</i> ⁺		Certified Organic by New Mexico Department of Agriculture	
⁺ Certified Organic			
**Daily Value not established			