



AYURVEDIC HERBS

Vata Digest™

Digestion Formula for Vata*



90 Tablets
Dietary Supplement

Sustainably Sourced

Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 45

Amount
Per Serving

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Proprietary Blend	1000mg**
Cumin seed, <i>Cuminum cyminum</i> +	
Celery seed (Ajamoda), <i>Apium graveolens</i> +	
Nigella seed (Black Cumin), <i>Nigella sativa</i> +	
Black Pepper fruit, <i>Piper nigrum</i> +	
Ginger root, <i>Zingiber officinale</i> +	
Long Pepper fruit (Pippali), <i>Piper longum</i> +	
Mineral Salt	
Asafoetida resin, <i>Ferula assa-foetida</i>	
Fenugreek seed, <i>Trigonella foenum-graecum</i> +	
**Daily Value not established	

Other ingredients, from natural sources: organic maltodextrin, silicon dioxide, lac resin.

+Certified Organic

Suggested Use: Take 1-2 tablets, once or twice daily, or as directed by your health practitioner.

Not to be used during pregnancy. If you are 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.

*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. Free of gluten, soy, and dairy. 100% vegetarian.

1-800-953-6424 banyanbotanicals.com

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of Agriculture

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