Bitter Melon powder

Maintains normal blood glucose metabolism*

Supports a healthy heart and circulatory system*

Supports balanced blood sugar levels already within the normal range*

Bitter melon (*Momordica charantia*) is a vegetable known for the bitter flavor it brings to traditional meals around the world. In its powdered form, bitter melon is used as an herb to maintain balanced blood sugar. Also known as *karela*, this bumpy bitter gourd is related to the cucumber, and it is native to tropical and subtropical regions of Asia and Africa where it has been used in culinary dishes and herbal formulas for thousands of years. In Ayurveda, bitter melon is renowned for its ability to help maintain normal blood sugar levels and support a healthy pancreas by promoting normal glucose metabolism. The bitter taste that is prevalent in bitter melon helps to clear excess kapha and stimulate the digestive fires without aggravating pitta or vata.*

Suggested Use: ¼ to ½ teaspoon with warm water, 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.

*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.

Supplement Facts

Serv Size: ½ tsp | Servings: 206

Amount Per Serving	
Bitter Melon fruit *Momordica charantia*+	½ tsp**

+Certified Organic
**Daily Value Not Established

Lot No. XXXXXX

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