

## Kutaja powder

Supports intestinal health and comfortable elimination\*

Bolsters the GI tract's natural defenses\*

Promotes healthy, well-formed stools\*

Promotes digestion and dispels natural toxins\*

As its botanical name "antidysenterica" implies, kutaja (Holarrhena antidysenterica) is one of the best Ayurvedic herbs for bolstering the natural defenses of the GI tract. A good herb to be aware of when traveling to exotic, foreign lands where maintaining healthy, well-formed stools is important. Kutaja enkindles the digestive fire, burns natural toxins, and helps dispel excess pitta and kapha from the intestines. Its astringent and cooling properties soothe the mucous membranes of the GI tract and promote intestinal health and comfort.\*

**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: 1

Amount Per Serving

Holarrhena bark ½ ts (Kutaja), Holarrhena antidysenterica<sup>+</sup>

+Certified Organic \*\*Daily Value Not Established

Lot No. XXXXXX

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