



## Musta powder

Supports a regular, healthy menstrual cycle\*

Promotes lower abdominal comfort\*

Enkindles digestion without aggravating pitta\*

Supports proper function of the liver\*

Musta (*Cyperus rotundus*) is considered one of the best Ayurvedic herbs for promoting healthy, regular menstruation. It regulates both pitta and vata in the lower abdomen supporting a comfortable, natural flow. Soothing to the mind, musta helps balance the emotions in the days prior to and during menstruation. It also promotes breast comfort and helps maintain a healthy balance of fluids in the body. Musta's ability to promote lower abdominal comfort also includes the GI tract. Without aggravating pitta, it strengthens digestion, eliminates natural toxins, and supports proper function of the liver. Musta promotes healthy absorption, well-formed stools, and the metabolism of fat.\*

**Suggested Use:**  $\frac{1}{4}$  to  $\frac{1}{2}$  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: $\frac{1}{2}$ tsp	Servings: 154
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Amount Per Serving	

Cyperus root (Musta), <i>Cyperus rotundus</i> <sup>+</sup>	$\frac{1}{2}$ tsp**
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<sup>+</sup>Certified Organic

<sup>\*\*</sup>Daily Value Not Established

Lot No. XXXXX

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Certified Organic by New Mexico  
Department of Agriculture



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