



Punarnava powder

Removes excess kapha from the system*

Supports proper function of the heart, liver, and kidneys*

Promotes balanced fluid levels in the tissues and the healthy flow of urine*

Promotes comfortable movement of the joints for those with kapha imbalances*

Literally meaning “the one that renews,” punarnava (*Boerhavia diffusa*) is well known in Ayurveda for its health promoting qualities. It is one of the best herbs for balancing and rejuvenating kapha and is an ingredient in most traditional kapha-reducing formulas. Punarnava is used to support proper function of the heart, liver, and kidneys and to promote comfortable movement of the joints for those with kapha constitutions and imbalances.*

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: 210

Amount Per Serving	
Boerhavia root (Punarnava), <i>Boerhavia diffusa</i> +	½ tsp**

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

Banyan Botanicals
Albuquerque, NM 87113 USA
banyanbotanicals.com | 1-800-953-6424
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Department of Agriculture



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