



AYURVEDIC HERBS

# Kapha Digest™

Supports Healthy Digestion for Kapha\*



90 Tablets  
Dietary Supplement

Certified Organic

**SUGGESTED USE:** Take 1–2 tablets, once or twice daily, or as directed by your health practitioner.

## Supplement Facts

|                                                    |                    |
|----------------------------------------------------|--------------------|
| Serving Size: 2 tablets                            | <b>Amount</b>      |
| Servings Per Container: 45                         | <b>Per Serving</b> |
| <b>Proprietary Blend</b>                           | <b>1000mg**</b>    |
| Ginger root, <i>Zingiber officinale</i> +          |                    |
| Black Pepper fruit, <i>Piper nigrum</i> +          |                    |
| Long Pepper fruit (Pippali), <i>Piper longum</i> + |                    |
| **Daily Value not established                      |                    |

Other ingredients, from natural sources: organic gum acacia, organic rice flour.

+Certified Organic

Store in a cool, dry place. Do not use if seal is broken or missing.  
Free of gluten, soy, and dairy. 100% vegetarian.

Kapha Digest is the classical Ayurvedic formula known as trikatu. This traditional combination of herbs enkindles the digestive fire, reduces excess kapha, and promotes healthy digestion.\*

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.



Distributed by  
Banyan Botanicals  
Albuquerque, NM 87113

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New Mexico Department  
of Agriculture

1-800-953-6424 banyanbotanicals.com

Rev. 10

