# Bacopa

(Bacopa monnieri)

## Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

**Dietary Supplement** 

1/2 lb • 227q





### Bacopa powder

Supports proper function of the nervous system\*

Promotes memory and concentration\*

#### Calms and clears the mind\*

Brahmi/Bacopa (Bacopa monnieri) is an excellent rejuvenative for the mind and nervous system. It is one of two herbs commonly known as the legendary "Brahmi" of the ancient Ayurvedic texts (the other being Brahmi/Gotu Kola). In Vedic philosophy, Brahman is the name for the universal consciousness. Brahmi is a derivation of Brahman that literally means "energy of universal consciousness." A worthy name for an amazing herb that has been used for centuries to promote memory, intelligence, and concentration. Bacopa supports the proper function of the brain and nerves, bringing balance to the nervous system while promoting clarity and awareness. It is also commonly used externally in a base of sesame oil as a special massage oil that calms and soothes the mind and nerves.\*

**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.









Fairly Traded

Banyan Botanicals was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe pure and effective.

## Illuminate your path to well-being

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### **Supplement Facts**

Serv Size: 1/2 tsp

Servings: 21

**Amount Per Serving** 

Bacopa herb Bacopa monnieri<sup>+</sup> ½ tsp\*\*

+Certified Organic
\*\*Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by: QAI



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