



Healthy Kapha™

BALANCING FORMULA FOR KAPHA*

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
2.0 oz • 56g



Healthy Kapha™

Healthy Kapha is a rejuvenating blend of herbs that balance kapha without aggravating vata or pitta. Perfect for the cold and wet season or any time kapha needs balancing, these warming and astringent ingredients work together to strengthen the digestive fire and remove excess kapha.*

Suggested Use:

Combine ½ teaspoon powder with ½ cup (4 oz.) warm or hot water and take twice daily, before breakfast and before going to bed. To enhance the benefits of this formula, add a squeeze of lemon.

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition please consult with your health care provider 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.



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Supplement Facts

Serv Size: ½ tsp Servings: 64

Amount Per Serving

Proprietary Blend ½ tsp**

Belleric Myrobalan fruit (Bibhitaki) *Terminalia bellerica*+, Ceylon Leadwort root (Chitrak) *Plumbago zeylanica*+, Boerhavia root (Punarnava) *Boerhavia diffusa*+, Holy Basil leaf (Tulsi) *Ocimum sanctum*+, Turmeric root *Curcuma longa*+, Phyllanthus Amarus herb (Bhumyamalaki) *Phyllanthus amarus*+, Ginger root *Zingiber officinale*+, Long Pepper fruit (Pippali) *Piper longum*+

+ Certified Organic

**Daily Value Not Established

Lot No. XXXXXX-XX

Rev. 02



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Certified Organic by: QAI

