

**BANYAN**<sup>®</sup>  
**BOTANICALS**

AYURVEDIC HERBS

# Healthy Vata™

Balancing Formula for Vata\*



90 Tablets  
Dietary Supplement

Certified Organic

## Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 45

**Amount  
Per Serving**

**Proprietary Blend** **1000mg\*\***

Ashwagandha root, *Withania somnifera*+

Shatavari root, *Asparagus racemosus*+

Finger-leaf Morning Glory root (Vidari Kanda), *Ipomoea digitata*+

Gotu Kola leaf (Brahmi), *Centella asiatica*+

Indian Tinospora stem (Guduchi), *Tinospora cordifolia*+

Velvet Bean seed (Kapikacchu), *Mucuna pruriens*+

Cardamom seed, *Elettaria cardamomum*+

Long Pepper fruit (Pippali), *Piper longum*+

\*\*Daily Value not established

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

+Certified Organic

Suggested Use: Take 1–2 tablets, once or twice daily, or as directed by your health practitioner.

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.

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

1-800-953-6424 [banyanbotanicals.com](http://banyanbotanicals.com)



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