

Punarnava POWDER

(*Boerhaavia diffusa*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
½ lb • 227g



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.



Sustainably Sourced



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.



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your path to
well-being

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Supplement Facts

Serv Size: ½ tsp

Servings: 229

Amount Per Serving

Boerhavia root
(Punarnava), *Boerhavia diffusa** ½ tsp**

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by: QAI



Rev. 02