

# Sitopaladi POWDER

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
½ lb • 227g



## Sitopaladi powder

Traditionally used to remove excess vata, pitta, and kapha from the head and chest\*

Promotes healthy, clear respiration\*

Promotes natural expectoration and healthy lungs\*

Bolsters the immune system\*

Sitopaladi is a traditional Ayurvedic formula for bolstering a healthy immune system and promoting clear, comfortable respiration. With a blend of warming and stimulating herbs, it promotes expectoration and supports the function of the lungs and sinuses. Cinnamon, cardamom, and pippali are traditionally used to break up excess kapha in the head and chest while they enkindle agni (digestion). "Sitopala" literally means "rock candy," pointing to the use of sugar in this formula, a key ingredient that takes these herbs deeper into the tissues while it calms vata, soothes pitta, and balances the heating herbs.\*

**Suggested Use:** ¼ to ½ teaspoon with warm water, 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.**

\*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.

Rev. 03



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### Supplement Facts

Serv Size: ½ tsp Servings: 180

Amount Per Serving

Proprietary Blend ½ tsp\*\*

Cane sugar<sup>+</sup>, Bamboo stem *Bambusa arundinacea*<sup>+</sup>, Long Pepper fruit (Pippali) *Piper longum*<sup>+</sup>, Cardamom seed *Elettaria cardamomum*<sup>+</sup>, Cinnamon bark *Cinnamomum verum*<sup>+</sup>, Tapioca starch<sup>+</sup>

<sup>+</sup>Certified Organic

<sup>\*\*</sup>Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by: QAI



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