

# Trikatu POWDER

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement

1 lb • 454g



## Trikatu powder

Digestion formula for kapha\*

Supports proper digestion of fat\*

Promotes a healthy metabolism and the proper digestion and assimilation of nutrients\*

Reduces excess kapha\*

Translating as “three pungents,” Trikatu contains the herbs pippali, ginger, and black pepper. The powerful heating quality of this combination is traditionally used to enkindle the digestive fire and to effectively burn fat and natural toxins. Trikatu supports a healthy metabolism, allowing nutrients to be properly digested and assimilated, thus aiding in weight management. It is also a rejuvenative for kapha, supporting healthy lungs and uncongested breathing.\*

**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. 02



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### Supplement Facts

Serv Size: ½ tsp

Servings: 388

#### Amount Per Serving

**Ginger root** ⅙ tsp\*\*

*Zingiber officinale*\*†

**Black Pepper fruit** ⅙ tsp\*\*

*Piper nigrum*\*

**Long Pepper fruit** ⅙ tsp\*\*

(Pippali), *Piper longum*\*

†Certified Organic

\*\*Daily Value Not Established

Lot No. XXXXXX

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