

SINCE 1988

Grown and Harvested in the Pristine Himalayas



# PRODUCT CATALOG

Standardized Ayurvedic Herbal Products

Formulated by Ayurvedic and Naturopathic Physicians



# HONORING THE PAST LOOKING TOWARD THE FUTURE



We are thrilled to unveil the new Ayush Herbs! Along with a refined and fresh logo comes a change to our bottle appearance, including a new QR code feature that will allow you to scan your bottle and receive product-specific testing results as well as the sourcing for each herb! We are also expanding our collection of products and introducing new formulas to discover the various ways herbs can encourage flourishing health. Also launching in 2023, our new website will include a streamlined shopping experience as well as a new and interactive virtual learning experience called The Ayush Learning Hub, which will allow practitioners to access informational content about Ayurveda, the herbs in our products, naturopathic medicine, and so much more!

## **FAMILY-OWNED AND OPERATED**

Since 1988, the Sodhi family has expanded wellness by cultivating and developing all-natural and award-winning herbal supplements for customers worldwide. 35 years later, Ayush Herbs remains a family-owned and operated company. As for our herbs, we continue to cultivate them on our regenerative and organic farms in the pristine foothills of the Himalayan mountains in Himachal Pradesh, India. So while we may look different, our herbal quality and services will continue to support you and your health for years to come.

## **TRANSPARENT TRACEABILITY**

Our new traceability system by TagOne will offer you an online portal to view our supply chain, track the journey of each ingredient, and learn more about our supplements. Simply locate the QR code (only found on new labels) on the back of your Ayush Herbs product for more details.

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# WELCOME TO AYUSH HERBS<sup>®</sup>

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## A Message From the CEO



CEO of Ayush Herbs  
**Dr. Virender Sodhi,**  
MD (Ayurveda), ND

Our company was founded with a passion to share Ayurvedic herbs and Eastern philosophy with the West in a sustainable, honest way. After over 35 years of providing our community with our products, we certainly have made great strides in this effort! Now, with so much experience and feedback under our belt, we are able to evolve into the next phase of Ayush: one that continues to deliver with the same excited passion of yesteryear while developing new and innovative ways to demonstrate the evidence between scientific research and traditional Ayurvedic medicine. Through providing even more educational materials and even more herbal formulations that bring you the best of Ayurvedic and Naturopathic medicine, we believe we can take our dreams to the next level.

As always, this could not be done without you, our beloved community. Throughout the years we have made so many friends, heard so many stories of the amazing power of herbs to influence our health, and stood in solidarity to ensure pure, potent, and sustainable herbal products remain available. I cannot stress enough how honored I am to serve this community and I look forward to the years to come!

Sincerely,

A handwritten signature in black ink that reads "Virender Sodhi". The signature is written in a cursive, flowing style.

Dr. Virender Sodhi

**NOTE:** If you suffer from an illness, you should consult with a physician before taking any herbs, vitamins, minerals, or enzymes. Even at the peak of health, it is best to consult a qualified practitioner before taking any dietary supplement.

# ANCIENT WISDOM

MEETS

# MODERN SCIENCE

## A Message From the President



President of Ayush Herbs  
**Dr. Shailinder Sodhi,**  
BAMS (Ayurveda), ND

As President of Ayush Herbs, I am delighted with our new brand look and offerings. We have worked tirelessly behind the scenes to bring new products and new educational materials to help introduce our community to deeper learning on Ayurvedic and Naturopathic medicine.

At Ayush Herbs, we believe we grow best when we grow together. I also hope you will enjoy our new Ayush Learning Hub, an interactive space where clinicians can learn advanced aspects of the unique herbs we employ, as well as deepen and expand their knowledge of Ayurvedic and Naturopathic medicines through a curated collection of lectures, monographs, videos, and more!

We are thrilled to share this next step in our Ayush evolution. With the same dedication to consistency, purity, and ingenuity as ever, we hope you will come with us as we continue to grow and expand.

Sincerely,

A handwritten signature in black ink that reads "Shailinder Sodhi". The signature is fluid and cursive.

Dr. Shailinder Sodhi

# THE STORY OF AYUSH HERBS



LEFT TO RIGHT: Dr. Tejinder Sodhi, Dr. Shailinder Sodhi, Dr. Virender Sodhi, Jitender Sodhi

**Ayush Herbs was founded by the Sodhi Brothers in 1988, to share their knowledge of Ayurveda and expertise in traditional and natural medicine.**

When the Sodhi brothers began their Ayurvedic and Naturopathic practices, they were shocked at how difficult it was to find quality herbal products. They looked everywhere; even trying products from the most reputable sources they could locate in their native India, but they soon discovered that even those products were too contaminated to satisfy FDA requirements. Knowing how critical quality products are to the health of their patients, the Sodhi brothers decided that the only way to ensure they were getting the pure ingredients they needed, was to grow their own herbs.

The Sodhi brothers returned to India with a plan: buy their own farms where they could oversee every crucial step of each plant's life cycle, from the planting of a tiny seed to the harvesting of mature herbs ready to be prepared and made into supplements. Since then, Ayush's herbs have been grown in the pristine Himachal Pradesh region of the Himalayas, where indigenous plants have been used in centuries of Ayurvedic tradition.

Over 35 years later, Ayush Herbs remains a family-owned and operated company with unwavering commitment to a healthy world.

# THE AYUSH MISSION

Ayush Herbs strives to provide the best herbal products that highlight the unique intersection of Ayurvedic philosophy and modern botanical research.

## OUR COMMITMENT

Ayush Herbs, Inc. was founded by Ayurvedic and Naturopathic physicians who believe truly healthy living encompasses body, mind, and spirit. This belief led them to formulate the highest quality control standards in the herbal supplement industry. Ayush Herbs has maintained these standards since it was founded in 1988 and is committed to continuing that tradition as it meets the needs of our customers in the years to come.

For over 35 years, Ayush Herbs, Inc. has offered the highest quality Ayurvedic herbal medicine, supplements, vitamins, minerals, and enzymes available to physicians. The foundation of our practice is firmly rooted in our commitment to providing the best that Mother Nature has to offer, combined with the latest scientific research.

Our products carry certifications in organic practices, as well as ISO practices and U.S. Food and Drug Association Good Manufacturing Practices (GMP).



Ayush Herbs Farm | Himachal Pradesh, India

## FARMING PHILOSOPHY

Our herbs are largely cultivated and harvested on our regenerative and organic farms in Himachal Pradesh, India. This northern state, nestled in the pristine foothills of the Himalayan mountains, provides the optimal conditions for our herbs to flourish in their native environment.



[ayush.com](https://ayush.com) | [customerservice@ayush.com](mailto:customerservice@ayush.com) | (425) 637-1400  
Ayush Herbs is a registered trademark of Ayush Herbs USA.



Ayush farmer tending to Ashwagandha | Punjab, India

## BASED IN AYURVEDA

Ayush Herbs was founded with the goal of bringing Indian herbs and knowledge of the Ayurvedic healing philosophy to the West.

In Ayurveda, ideal health is unique to each person as it is defined as a balance between body, mind, spirit, and social well-being. In fact, the twin concepts of balance and connectedness echo throughout all Ayurvedic texts, thought, and practice. Like all holistic health systems, Ayurveda emphasizes the unshakable connections all around us. However, Ayurveda’s connectedness extends far beyond the individual, reaching into the community and nature itself.

Ayurveda recognizes that all things in nature are interconnected from the ground beneath our feet and space above our heads. As a matter of fact, Ayurveda postulates that all things in the universe, including our bodies, are composed of five elements:

Informed by the wisdom of both Ayurveda and Naturopathic strategies, Ayush Herbs is grounded in respect for the planet and plants that provide these wonderful supplements while giving back to the communities that support us. From the farmers in Himachal Pradesh who cultivate and extract our botanicals, to colleges that educate the next generation of holistic clinicians, we believe that the potency of the medicine comes not only from rigorous scientific testing and innovation but also from a dedication to integrity and community. We believe in the Ayurvedic sentiment that optimal health is a balance between body, mind, spirit, and social well-being. We honor this harmony and it is reflected in each product we provide.



**SCAN THE QR CODE  
TO LEARN MORE ABOUT  
OUR AYURVEDIC ROOTS**





## SUPPORTING COMMUNITIES

In January of 2011, Ayush India completed construction of their hydro-electric facility in Himachal Pradesh, India. This 4-megawatt plant provides clean energy for our farms and surrounding communities.

For generations, the people of Himachal Pradesh have cultivated native Ayurvedic herbs. However, traditions that depend on native plants could no longer support the growing demand for these precious herbs. Our founders recognized the importance of sharing sustainable farming practices with the Himachal peoples; ensuring the long-term availability of these beneficial plants and helping to protect their traditions and culture. Our sustainability efforts and our commitment to the people of Himachal Pradesh have won recognition from the Indian government; bringing us awards for providing outstanding services to society, technological innovation, and product excellence, as well as recognition of commendable entrepreneurship.

Ayush continues its commitment to its growers, community, and customers by providing better-than-market-wage jobs, employing women experiencing hardships education about sustainable harvesting, community clinics free of charge for those who are unable to pay, clean water facilities in areas that previously had none, and many other services; including educational opportunities for the local communities of the Himachal Pradesh region.



Opening of the Ayush hydro-electric facility | Himachal Pradesh, India



Jitender Sodhi with Ayush Partner Farmers

# FORMULA TRANSPARENCY

Scan the QR code on your product for live details on traceability, supply chain, third-party testing, and more!



## MANUFACTURING STANDARDS

Ayush Herbs employs the highest manufacturing standards from our farms in the Himachal Pradesh region, to our in-house manufacturing and testing facility. This minimizes the time from harvest to extraction in order to ensure excellent herbal potency. All raw materials, extracts, and final products are lab tested for heavy metals through all stages.

## QUALITY MATTERS

Ayush Herbs is dedicated to providing the utmost quality from farm to shelf through our stringent manufacturing standards.

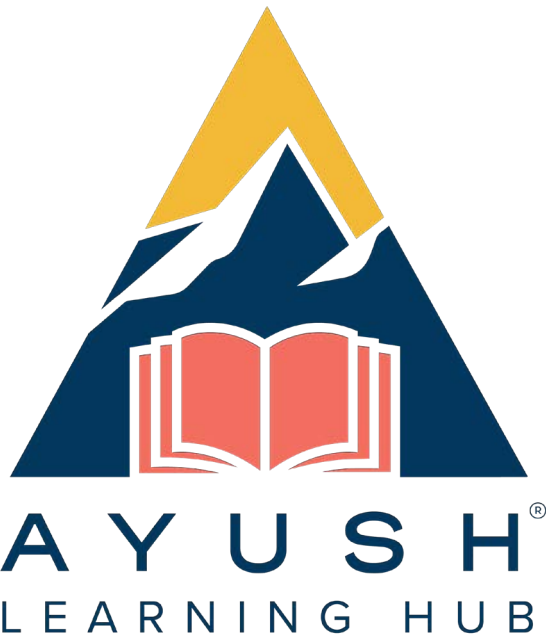
That's why we have partnered with **TagOne**, a supply traceability platform that will allow you to scan a QR code on our new labels to retrieve information on quality control testing and Certificate of Analysis for each unique batch.

All of our herbs are grown and harvested to the highest quality specifications for each unique herb. Close attention is paid to the health and development of each plant in every aspect, including the overall condition of the plant, the size of the root, and the timing of harvesting to ensure optimal potency and quality.

Our stringent quality control is performed at Ayush's hydroelectric, ISO, and GMP certified facility in the Nagrota Bagwan district of Himachal Pradesh. Ayush's herbal extraction methods use state-of-the-art technology to obtain maximum levels of active principles, as well as full-spectrum extracts, after which the extracts are spray-dried, oven-dried, or freeze-dried.

As the extracts are concentrated, they are tested again for potency and go through another round of inspection for heavy metals and contaminants. Finally, each batch is hygienically packed and samples are tagged and kept for future reference. Additional testing by third parties is performed on Ayush's formulations, ensuring that each product meets Ayush's own high standards of excellence.

# BY PRACTITIONERS FOR PRACTITIONERS



Research Articles  
Foundations of Ayurveda  
Herbal Monographs  
Health Lectures  
Doctor Videos



The **Learning Hub** is the latest and most innovative addition to our new website where health practitioners can access original and informative material and learn about Ayurveda's universal wisdom straight from our team of doctors. **Scan the QR code for more!**



# THE AYUSH LEGACY

## AWARDS

- AANP Corporation of the Year - 2013, 2022
- Practitioner Choice Award: Heart Support — Carditone® - 2021
- Bastyr University Mission Award - 2017
- Ministry of Commerce - 2009
- Herbal Industry - 2009
- Udyog Patra Award - 2000
- Best Industry Award - 1997



## ACCREDITATIONS

- AANP - American Association of Naturopathic Physicians
- AHPA - American Herbal Products Association
- AzNMA - Arizona Naturopathic Medical Association
- CAND - California Association of Naturopathic Physicians
- NPA - Natural Products Association
- OANP - Oregon Association of Naturopathic Physicians
- WANP - Washington Association of Naturopathic Physicians



## CERTIFICATIONS

- CCOF - California Certified Organic Farmers
- GMP - Good Manufacturing Practice
- ISO - International Standardization Organization (AYUSH India)
- USDA Organic - United States Department of Agriculture

Our mission is to provide the best herbal products that highlight the unique intersection of Ayurvedic philosophy and modern botanical research.

EXPLORE THE

AYUSH

HERBS<sup>®</sup>

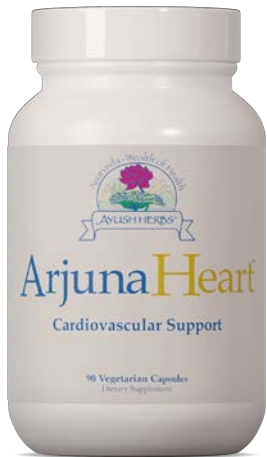
COLLECTION ▶



# CARDIOVASCULAR

ARJUNA  
*Terminalia arjuna*

## Arjuna Heart™



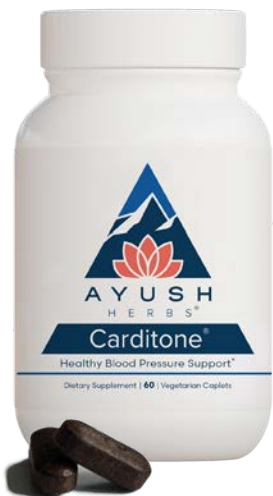
Arjuna Heart is a combination of two classic heart-healthy herbs: Arjuna (*Terminalia arjuna*) and Indian Elecampane (*Inula racemosa*) along with a suite of heart-healthy vitamins. Research supports that arjunolone and arjunic acids have supportive activity for both the heart and the vasculature.\* Additionally, the sesquiterpenoids in Inula support venous and lung health. Combined with vitamins B6, methylfolate, magnesium, and CoQ10, Arjuna Heart is a perfectly balanced herbal supplement to support heart and vascular health at any age.\*

### Supplement Facts

Serving Size: 1 capsule	
Servings Per Container: 90	
Amount Per Serving	%DV
Vitamin B-6 (Pyridoxal 5 Phosphate) 25 mg	1470%
Methylfolate 400 mg	100%
Magnesium (Magnesium Aspartate) 60 mg	14.3%
Calcium (Coral Powder) 30 mg	2.3%
Coenzyme Q-10 30 mg	†
Extracts Amount Per Serving	%DV
Arjuna* ( <i>Terminalia arjuna</i> ) bark 300 mg	†
Indian elecampane* ( <i>Inula racemosa</i> ) root 100 mg	†
Percent Daily Values are based on a 2,000 calorie diet.	
† Daily value not established.	
° Organically grown.	

Other ingredients: Vegetarian Capsule, Silicon Dioxide, and Magnesium Stearate.

## Carditone®



Carditone is the premier herbal formula that supports healthy blood pressure and nourishes the cardiovascular system, respiratory system, and renal system while also being stress relieving.\* It supports the maintenance of blood pressures already within a normal range and delivers heart-healthy micronutrients and phytochemicals.\* It includes Rauwolfia: an herb known to support healthy blood pressures\*, as well as Arjuna, which has research supporting its utility for supporting lung and cardiac health due to its antioxidant properties.\* Meanwhile, Tribulus and Boerhavia have been traditionally used for kidney support.\* Rose powder is added to promote a sense of calm, without being too relaxing for daily use. In short, Carditone is an unbeatable supplement for lasting cardiovascular wellness.\*

### Supplement Facts

Serving Size: 1 caplet	
Servings Per Container: 60	
Amount Per Serving	%DV
Magnesium aspartate 200 mg	9.5%
Extracts Amount Per Serving	
Proprietary blend 350 mg	†
Coral powder ( <i>Dendrogyra cylindrus</i> ), Cabbage rose* ( <i>Rosa centifolia</i> ) flower, Boerhavia* ( <i>Boerhaavia diffusa</i> ) root	
Shankpushpi* ( <i>Convolvulus pluricaulis</i> ) herba 100 mg	†
Arjuna* ( <i>Terminalia arjuna</i> ) bark 100 mg	†
Tribulus* ( <i>Tribulus terrestris</i> ) seed 100 mg	†
Rauwolfia* ( <i>Rauwolfia serpentina</i> ) root 50 mg	†
Madagascar Periwinkle* ( <i>Vinca rosea</i> ) herba 25 mg	†
† Daily value not established.	
° Organically grown.	

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, natural food glaze coating.



Blood Pressure Support\* Heart Support\*



Healthy Circulation\* Promotes Calm\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# High Omega-3™



The far reaching benefits of healthy fats such as Omega-3's are well understood. They have been shown to play a role in cardiovascular, metabolic, endocrine, endothelial, and immune health, to name a few.\* Our High Omega-3™ Fish Oil contains over 1000mg of Omega-3 fatty acids from certified sustainably farmed mackerel, sardine, and anchovy, delivered in their triglyceride form. High Omega-3 Fish Oil is tested to ensure purity and potency that surpasses GOED Voluntary Monographs for Omega-3s. Each soft gel provides 688 mg EPA and 312 mg of DHA which ensures an optimal ratio of these Omega-3 fatty acids according to the current body of scientific research.\*

Supplement Facts	
Serving Size: 1 Softgel (1260mg) Servings Per Container: 60	
Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>13</b>
Total fat 1.25 g	2%
Saturated fat 0 g	0%
Trans fat 0 g	0%
Cholesterol 0 mg	0%
Omega 3 Fatty Acids 1000 mg	†
EPA (Eicosapentaenoic Acid) 688 mg	†
DHA (Docosahexaenoic Acid) 312 mg	†

† The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Not a significant source of saturated fat, trans fat, carbohydrates, dietary fiber, sugars or protein.

Other Ingredients: Gelatin (bovine), purified water, glycerin, naturally sourced lemon oil. **Contains sustainably harvested Fresh Mackerel, Sardine, & Anchovy.**



# Wright Salt™ by ruved®



Wright Salt by ruved is more than a healthy, tasty alternative to regular table salt. With an optimal balance of iodine, potassium, magnesium, and other minerals, this proprietary blend provides nutritional support that emphasizes cardiovascular health.\* Wright Salt is an excellent choice for anyone looking to restrict sodium intake or simply take a heart-healthy approach to cooking and seasoning.

Nutrition Facts	
158 Servings Per Container	
Serving Size 1/4 tsp (approx. 1.5 g)	
Amount per serving	% Daily Value*
<b>Calories</b>	<b>0</b>
Total Fat 0 g	0%
Sodium 295 mg	13%
Total Carbohydrate 0 mg	0%
Protein 0 g	0%
Iodine 94 mcg	36%
Magnesium 20 mg	5%
Zinc 2.85 mg	26%
Chloride 660 mg	28%
Potassium 200 mg	4%

† Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, and iron.  
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sodium Chloride (Himalayan Pink Salt), Potassium Chloride, Magnesium Chloride, L-Lysine Hydrochloride, Zinc Chloride, Silicon Dioxide, Potassium Iodide Complex, Sodium Selenite, and Copper Bisglycinate Chelate.



**Learn more about our retail sister brand at [ruved.com](http://ruved.com)!**

## THE AYURVEDIC PERSPECTIVE

Ayurvedic medicine holds the heart in the highest regard. It is considered the center of the body, mind, and spirit as well as controlling every organ. As a result, all herbal formulas to promote heart health are holistic in nature, treating multiple systems and highlighting the importance of supporting the mind as part of the heart's foundational needs.

# METABOLIC

ARJUNA  
*Terminalia arjuna*

## BioGymnema™



BioGymnema is a formulation intended to support metabolism and the maintenance of blood sugars already within a normal range.\* It is a formulation based in tradition that has been informed and evolved by scientific research. It contains berberine which has been studied for its ability to promote healthy metabolism and support blood sugars already within a normal range.\* *Gymnema sylvestre* has been used for millennia to promote healthy weight maintenance and metabolism.\* These are complemented by a suite of herbs that promote healthy vascular function, support detoxification pathways, and enhance complete and comfortable digestion.\*

### Supplement Facts

Serving Size: 1 capsule Servings Per Container: 90	
Amount Per Serving	%DV
d-Biotin 2150 mcg	7166%
Chromium (from Chromium Polynicotinate) 10.6 mcg	30%
Extract Amount Per Serving	%DV
Berberine HCl 200 mg	†
Gymnema <sup>®</sup> leaf 75% <i>Gymnemic acids</i> 200 mg	†
Indian keno tree <sup>®</sup> heartwood 100 mg	†
Bitter melon <sup>®</sup> fruit 20% <i>bitters</i> 100 mg	†
Neem <sup>®</sup> ( <i>Azadirachta indica</i> ) leaf 100 mg	†
Betaine HCl 50 mg	†
Holy basil <sup>®</sup> ( <i>Ocimum sanctum</i> ) leaf 50 mg	†
Jambolan <sup>®</sup> ( <i>Syzygium cumini</i> ) seed 50 mg	†
Percent Daily Values are based on a 2,000 calorie diet.	
† Daily value not established.	
* Organically grown.	

Other ingredients: Vegetarian capsule, silicon dioxide, and magnesium stearate (from a vegetarian source). Free from Milk, Soy, Egg & Wheat.



Healthy Blood Sugar\*



Pancreatic Health\*

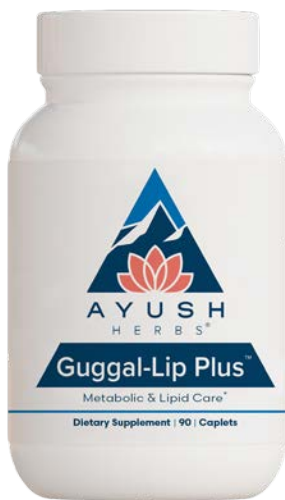


Craving Crusher\*



Metabolic Support\*

## Guggal-Lip Plus™



Guggal-Lip Plus is a unique formulation intended to support healthy metabolic, cardiovascular, and endocrine function. It is a standardized extract of sustainably sourced Guggal combined with Bergamot, Red Yeast Rice, and AmlaOxy®. Guggal and its guggulsterones have been well researched for their ability to promote healthy metabolic function.\* This formula offers holistic and effective support for the whole body.

### Supplement Facts

Serving Size: 1 Caplet Servings Per Container: 90	
Extract Amount Per Serving	%DV
Bergamot fruit liposome 250mg	†
Guggul <sup>®</sup> gum resin 250 mg	†
Red Yeast Rice 250mg	†
AmlaOxy <sup>®</sup> ( <i>Phyllanthus emblica</i> ) fruit 100 mg	†
† Daily value not established.	
* Organically grown.	

Other ingredients: Calcium carbonate, microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate (vegetable source), natural food glaze coating.



Healthy Metabolism\*



Heart Support\*



Antioxidant Rich\*



Lipid Care\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



# SupraMag™



Supra-Mag combines magnesium chelates with citric acid cycle intermediaries to optimize absorption and utilization for the 300 enzymatic reactions found in the human body requiring this essential mineral.\* These chelates are intended to minimize osmotic waste and avoid the bowel discomfort of unabsorbed magnesium. As a result, Supra-Mag supports healthy energy levels and metabolic function.

Supplement Facts	
Serving Size: 1 capsule	
Servings Per Container: 90	
Amount Per Serving	%DV
Magnesium Blend 400 mg	
Provides Elemental Magnesium 65 mg	15%
(from DiMagnesium Malate, Magnesium BisGlycinate Chelate buffered, Magnesium Citrate, Magnesium Orotate, Magnesium Fumarate)	

Other Ingredients: Vegetarian capsule, microcrystalline cellulose, silicon dioxide, magnesium stearate.



**Athletic Recovery**



**Promotes Calm\***



**Muscle & Joint Support\***



**Essential Nutrients**

# Thyro-M™



Thyro-M is a synergistic herbal combination that utilizes traditional Indian herbs known for supporting metabolism and thyroid health combined with tried and true thyroid supporting herbs from the Western herbal tradition.\* It also contains ashwagandha and bacopa which support healthy energy levels and cognition along with iodine-rich kelp and bladderwrack.\* Lastly, supplemental tyrosine has been added to support the metabolic process of thyroid hormone synthesis.\*

Supplement Facts	
Serving Size: 1 caplet	
Servings Per Container: 120	
Amount Per Serving	%DV
L-Tyrosine 50 mg	†
Proprietary blend 535 mg	†
Yellow baubinia* ( <i>Bauhinia tomentosa</i> ) bark, Bladder wrack† ( <i>Fucus vesiculosus</i> ) whole plant, Ashwagandha† root, Bacopa* whole herba, Guggal* ( <i>Commiphora mukul</i> ) gum, Kelp‡ ( <i>Ascophyllum nodosum</i> ) whole plant, Cinnamon* bark, Three leaf caper* ( <i>Crataeva nurvala</i> ) bark, Black pepper* fruit, Ginger* rhizome, Long pepper* fruit, Cardamom* seed, Indian cassia* ( <i>Cinnamomum tamala</i> ) bark	
† Daily value not established.	
‡ Contains Iodine derived from natural sources.	
*Organically grown.	

Other ingredients: Calcium carbonate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate, and natural food glaze coating.



**Healthy Metabolism\***



**Thyroid Support\***



**Steady Energy\***



**Endocrine Balance\***

# Shilajeet Mumiyo™



Shilajeet-Mumiyo is a mineral pitch that comes from the Himalayan region of India and has been traditionally touted as an elixir of vitality. It is the result of complex geothermal processes that break down and concentrate an herbal mixture which is then excreted through cracks in rock. It contains high amounts of fulvic and humic acids along with a host of microminerals that are readily absorbed by the body and used in virtually all metabolic processes. Today, research supports the use of shilajit in supporting endurance, cognitive function, sexual potency, and healthy immune function.\*

## Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 90

Extract Amount Per Serving	%DV
Shilajit mineral pitch 125 mg	†

† Daily value not established.

Other ingredients: Vegetarian capsule (hypromellose), calcium carbonate, microcrystalline cellulose, magnesium stearate (from a vegetable source) and silicon dioxide.



Stamina Support\*



Daily Activity Aid\*



Sexual Health\*



Lasting Vitality\*



## THE AYURVEDIC PERSPECTIVE

Ayurveda's dosha system states that the Kapha dosha is related most to the flesh and tissue of the body as well as overall growth. When imbalanced, growth becomes unhealthy which is reflected in changes in metabolic function. These formulas work to balance Kapha and support a healthy metabolism.

# COGNITIVE

SANDALWOOD  
*Santalum album*

## AdrenOm™



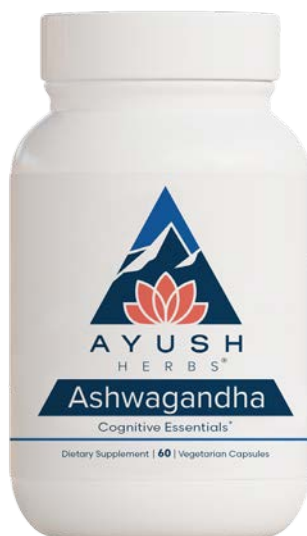
AdrenOm™ is a unique adrenal health supplement that focuses on all aspects of balancing adrenal health and support for periods of high stress.\* It achieves this balance by employing energizing herbs such as Maca, Shilajit, and Eleuthero and combining them with relaxing herbs such as Ashwagandha, Magnolia, Shatavari, and Tulsi.\* Additionally, key nutrients Magnesium and phytosomal Quercetin nourish the adrenal glands and promote a calm and focused attention while simultaneously nourishing the adrenal glands.\*

Supplement Facts	
Serving Size: 1 Capsule Servings Per Container: 90	
Amount Per Serving	%DV
Magnesium (as aspartate) 50 mg	12%
Extract Amount Per Serving	
Ashwagandha* ( <i>Withania somnifera</i> ) root 125 mg	†
Shatavari* ( <i>Asparagus racemosus</i> ) root 125 mg	†
Tulsi* ( <i>Ocimum sanctum</i> ) leaf 50 mg	†
Maca ( <i>Lepidium meyenii</i> ) root 50 mg	†
Magnolia ( <i>Magnolia officinalis</i> ) bark 50 mg	†
Licorice* ( <i>Glycyrrhiza uralensis</i> ) root 25 mg	†
Eleuthero ( <i>Eleutherococcus senticosus</i> ) root 25 mg	†
Quercetin ( <i>quercetin phytosome</i> ) 25 mg	†
Shilajit ( <i>Asphaltum punjabianum</i> ) resin 12.5 mg	†

† Daily value not established.  
\* Organically grown.  
Other ingredients: Vegetarian capsule (hypromellose), magnesium stearate (vegetarian source), and silicon dioxide.



## Ashwagandha



Ashwagandha is one of the most well-studied adaptogenic herbs in the world for supporting human health. Human clinical trials have demonstrated its ability to support energy and focus, physical stamina, improve metabolic efficiency, and healthy hormone levels in men and women.\* Further research has demonstrated its ability to improve sleep quality, support balanced mood, and promote the maintenance of blood sugars and blood lipids within a normal range.\*

Our pure and potent Ashwagandha root is cultivated in its native environment to provide full-spectrum benefits the way nature intended.

Supplement Facts	
Serving Size: 1 capsule Servings Per Container: 60	
Extract Amount Per Serving	%DV
Ashwagandha* ( <i>Withania somnifera</i> ) root 500 mg	†
Total alkaloids 25mg	

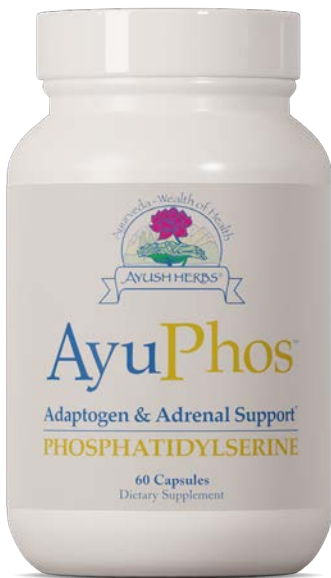
† Daily value not established.  
\* Organically grown.  
Other ingredients: Vegetarian capsule (hypromellose), silicon dioxide and magnesium stearate (vegetarian source).



Available in family friendly liquid drops! (pg. 33)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# AyuPhos™



AyuPhos provides a soy-free option for supplementing phosphatidylserine that is derived instead from sunflower. Phosphatidylserine is a natural lipid essential to proper cell function and signaling. It is found in particularly high levels in the brain and promotes cognitive function and a healthy stress response.\* It is also helpful during recovery from strenuous exercise. AyuPhos is blended with calcium and magnesium to improve the absorption and utilization of phosphatidylserine in the body.

## Supplement Facts

Serving Size: 2 capsule  
Servings Per Container: 45

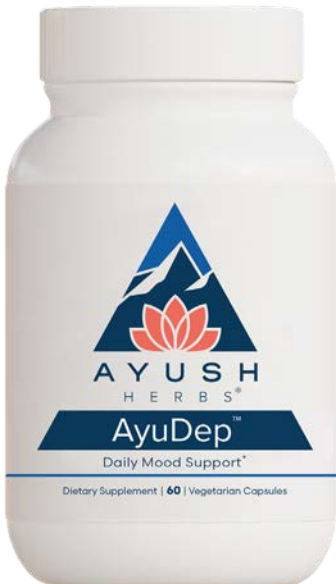
Amt. Per Serving	%DV
Phosphatidylserine 60% 200 mg	†
Magnesium (as magnesium citrate) 50 mg	11.9%
Calcium (as tricalcium phosphate) 25 mg	1.9%

† Daily value not established.

Other ingredients: Hypromellose (vegetarian capsule), Magnesium Stearate (from a vegetarian source).



# AyuDep™



Ayu-Dep is a proprietary herbal blend that spotlights the use of Crocus sativa (saffron). Saffron has a long history of use culinarily and in traditional medicines, and today research supports its use to promote healthy mood and support metabolic function\* In addition, Ayu-Dep includes Ashwagandha, Bacopa monnieri, and Mucuna pruriens to promote healthy neurotransmitter function, improve focus and cognition, and support a calm and relaxed mood.\*

## Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 60

Amount Per Serving	%DV
Calcium (calcium citrate) 2mg	<1%
Phosphorus (dicalcium phosphate) 1mg	<1%
Iodine (potassium iodine) 25mcg	17%
Magnesium (magnesium citrate) 2mg	<1%
Zinc (zinc sulfate) 1mg	9%
Copper (cupric oxide) 1mg	111%
Manganese (manganese gluconate) 1mg	43%
Molybdenum (molybdenum aac) 25mcg	55%
Sodium (sodium chloride) 0.35mg	<1%
Potassium (potassium chloride) 10mg	<1%
Proprietary extract blend 500mg	*
* St. John's wort aerial parts, Ashwagandha° root, Bacopa° herba, Indian barberry stem, Velvet bean° seed, Saffron stigma, and Shilajit resin	
MSM (methylsulfonylethane) 10mg	*
Boron (from boron citrate) 1mg	*

\* Daily value not established  
° Organically grown

Other Ingredients: Vegetarian capsule, silicon dioxide, microcrystalline cellulose, croscarmellose sodium, magnesium stearate.



Mood Support\*



Mental Clarity\*



Sleep Care



Adrenal Assist\*

# Bacopa Plus™



Bacopa Plus is designed to promote healthy focus, memory, creativity, and cognitive alacrity.\* Bacopa and gotu kola have been well studied for their mood balancing and cognitive performance enhancing qualities.\* Ginkgo and convolvulus work to support healthy cerebral blood flow and mitigate oxidative stress.\* Lastly, ashwagandha serves to promote physical energy and stamina, healthy sleep, and a healthy stress response.\* Bacopa Plus combines traditional wisdom with modern botanical research to provide a streamlined formula that is as effective as it is elegant.

Available in liquid drops! (pg. 34)

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

Extract Amount Per Serving	%DV
Gotu kola* ( <i>Centella asiatica</i> ) herba 120 mg	†
Shankpushpi* 120 mg ( <i>Convolvulus pluricaulis</i> ) aerial parts	†
Ashwagandha* ( <i>Withania somnifera</i> ) root 80 mg	†
Bacopa* ( <i>Bacopa monnieri</i> ) herba 80 mg	†
Ginkgo ( <i>Ginkgo biloba</i> ) leaf 80 mg	†

† Daily value not established.

\* Organically grown.

Other ingredients: Vegetarian capsule (hypromellose), magnesium stearate (vegetarian source), and silicon dioxide.



Memory Support



Focus Aid

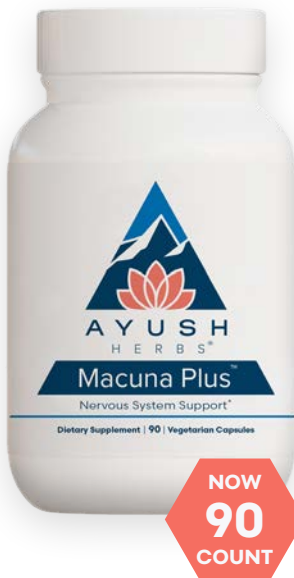


Brain Health\*



Promotes Calm\*

# Macuna Plus™



Macuna Plus is formulated to promote nervous system health for a refreshed mood and outlook on life. The seeds and roots of the Mucuna plant are some of the richest natural sources of L-Dopa, the precursor to dopamine, which have been used for centuries to support healthy attitudes and sexual function. Additionally, low amounts of valerian root provide a tranquil focus during the day. Gotu kola is a well known herb for promoting healthy nervous system function and cognitive alacrity. Lastly, ashwagandha promotes physical and mental stamina, improves focus, and promotes healthy sleep.

## Supplement Facts

Serving Size: 1 capsule  
Servings Per Container: 90

Extract Amount Per Serving	%DV
Velvet bean ( <i>Mucuna pruriens</i> ) seed 250 mg	†
Proprietary blend 250 mg	†
Ashwagandha* ( <i>Withania somnifera</i> ) root, Gotu Kola* ( <i>Centella asiatica</i> ) whole plant, Valerian* ( <i>Valeriana officinalis</i> ) root	

† Daily value not established.

\* Organically grown.

Other ingredients: Vegetarian capsule (hypromellose, water), magnesium stearate (vegetable source), and silicon dioxide.



Brain Health\*



Neurotransmitter Support\*



Nerve Nourishing



Mood Support\*

## THE AYURVEDIC PERSPECTIVE

In Ayurveda, there is a saying that all disharmony begins in the mind or with emotions. As a result, cognitive health and wellbeing was a foundational part of Ayurvedic philosophy and much refinement has gone into discovering the best herbs to promote cognitive focus and mental alacrity.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# HORMONAL

DONG QUAI  
*Angelica sinensis*

## AyuTest™



NOW  
**90**  
COUNT

Ayu-Test is an all-natural herbal blend to promote healthy testosterone levels, prostatic health, endocrine function, as well as support vitality and cognitive alacrity.\* Ashwagandha, Tribulus, and Shilajit are added to promote strength, stamina, and healthy metabolism.\* Muira and Anacyclus serve to promote vitality and support healthy libido.\* Saffron, Amla, Licorice, and Mucuna promote healthy mood, cognitive function, and support a balanced stress response.\* In short, Ayu-Test is the epitome of herbal synergy designed to support vigor while maintaining peak metabolic efficiency and supporting prostate health.

### Supplement Facts

Extract Amount Per Serving	%DV
Proprietary Blend 100 mg	†
Velvet bean <sup>®</sup> ( <i>Mucuna pruriens</i> ) seed, Safed musli ( <i>Chlorophytum borivilianum</i> ) root, Spanish peltitory ( <i>Anacyclus pyrethrum</i> ) root, AmiaOxy <sup>®</sup> ( <i>Embilica officinalis</i> ) fruit, Bacopa <sup>®</sup> ( <i>Bacopa monnieri</i> ) herba, Licorice <sup>®</sup> ( <i>Glycyrrhiza glabra</i> ) root, Long Pepper <sup>®</sup> ( <i>Piper longum</i> ) fruit, Saffron ( <i>Crocus sativus</i> ) stigma	†
Ashwagandha <sup>®</sup> ( <i>Withania somnifera</i> ) root 87.5 mg	†
Tribulus <sup>®</sup> ( <i>Tribulus terrestris</i> ) seed 25 mg	†
Saw palmetto ( <i>Serenoa repens</i> ) fruit 12.5 mg	†
Shilajit ( <i>Asphaltum punjabianum</i> ) resin 12.5 mg	†
Muira puama bark and root 12.5 mg	†

† Daily value not established.  
® Organically grown.

Other ingredients: Vegetarian capsule (hypromellose), magnesium stearate, silicon dioxide, microcrystalline cellulose.



Testosterone Care



Sexual Health\*



Endocrine Balance\*



Lasting Vitality

## ElegFem™



ElegFem supports a comfortable and easy progression through the normal changes that come with menopause. Our formula supports energy levels, healthy vaginal tissue, libido, digestive comfort, bone health, and mood.\* Our herbal formula achieves this through the synergistic combination of herbs such as shatavari, an adaptogenic herb that provides energy and libido support, arjuna, which supports the regular rate and rhythm of the heart, and wild yam to promote the healthy metabolism of hormones.\* ElegFem is an unbeatable supplement meant to support those in any stage of menopause to get the most out of life.

### Supplement Facts

Extract Amount Per Serving	%DV
Proprietary blend 804 mg	†
Bamboo ( <i>Bambusa arundinacea</i> ) manna <sup>®</sup> , Dill ( <i>Anethum graveolens</i> ) Seed, Fennel ( <i>Foeniculum vulgare</i> ) seed, Wild Yam ( <i>Dioscorea villosa</i> ) root, Shatavari <sup>®</sup> ( <i>Asparagus racemosus</i> ) root, Asoka tree <sup>®</sup> ( <i>Saraca asoca</i> ) bark & flower, Arjuna <sup>®</sup> ( <i>Terminalia arjuna</i> ) bark, Lodh tree <sup>®</sup> ( <i>Symplocos racemosa</i> ) bark, Coral calcium powder**, Winged treebine <sup>®</sup> ( <i>Cissus quadrangularis</i> ) stem, Black Cohosh ( <i>Actaea racemosa</i> ) whole herba	†

† Daily value not established.

® Organically grown.

\*\* less than 1% DV of calcium

Other ingredients: Vegetarian Capsule, Magnesium Stearate (vegetarian source), Silicon Dioxide.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# ReguCycle™

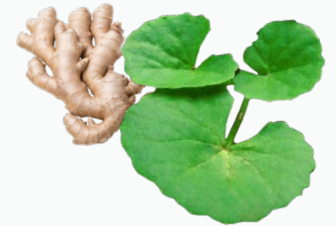


Regu-Cycle is a unique herbal preparation that promotes healthy and comfortable menstrual cycles.\* It features chaste tree berry which is one of the most researched herbs for well-rounded menstrual support, including the promotion of balanced moods.\* In addition, several traditional herbs including Dong Quai root, Dill extract, bamboo, Lodh tree, and fennel seed all support healthy estrogen metabolism and promote the health of the reproductive organs and urinary tract.\* Lastly, this robust herbal support is combined with Vitamin B6, which is necessary for healthy menstrual cycles and has been shown to aid mood balance.\*

## Supplement Facts

Serving Size: 1 capsule	
Servings Per Container: 60	
Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate) 50 mg	2941%
Proprietary Extract Blend 525 mg	†
Ginger <sup>o</sup> (root), Lodh tree <sup>o</sup> (root), Aloe vera <sup>o</sup> (leaf), Chaste tree (berry), Asoka tree <sup>o</sup> (bark & flower), Fennel (seed), Bamboo <sup>o</sup> (manna), Gotu kola <sup>o</sup> (whole plant)	
Borage Seed Oil Powder (50% GLA) 100 mg	†
Dill seed extract 50 mg	†
Dong quai root extract 50 mg	
Percent daily values are based on a 2000 calorie diet.	
* Daily value not established.	
<sup>o</sup> Organically grown.	

Other ingredients: Vegetarian Capsule (hypromellose and water), Magnesium Stearate (vegetarian source), and Silicon Dioxide.



# Sitawari



Sitawari (or Shatavari as it is known traditionally) is considered to be a main rejuvenating and endocrine supporting herb for overall female health and vitality in Ayurvedic tradition. The reputed adaptogenic effects of Sitawari may be attributed to concentrations of saponins that are very similar to those found in the more commonly known Ashwagandha. Research supports Sitawari's utility in supporting healthy reproductive cycles, improving energy and mood, supporting healthy and comfortable digestion, and promoting healthy milk flow in lactating individuals.\*

## Supplement Facts

Serving Size: 1 capsule	
Servings Per Container: 90	
Extract Amount Per Serving	%DV
Shatavari <sup>o</sup> ( <i>Asparagus racemosus</i> ) root 500 mg	†
† Daily value not established.	
<sup>o</sup> Organically grown.	

Other ingredients: Vegetarian Capsule (hypromellose and water), magnesium stearate (from a vegetable source), and silicon dioxide.

Free from Milk, Soy, Egg, & Wheat.



Sexual Health\*



Reproductive Function\*



Immune Support\*



Optimal Digestion\*

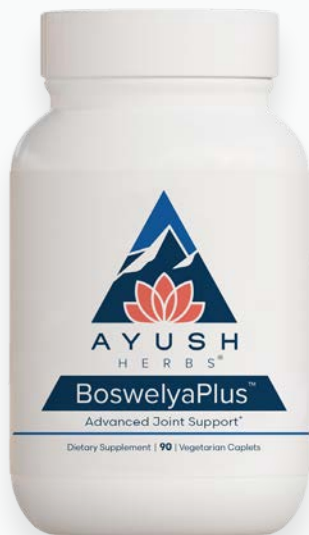
## THE AYURVEDIC PERSPECTIVE

Ayurvedic medicine, of course, predates the concept of the hormones we know today; however, through the concepts of tissues and channels, known as Dhatus and Srotas, Ayurvedic philosophers created a framework describing how the body communicates with itself. As a result, they were able to engage with, and refine, some of the best herbal strategies for promoting healthy hormone function.

# JOINT & MUSCLE

TURMERIC  
*Curcuma longa*

## Boswelya Plus™



Boswelya Plus contains a standardized extract of responsibly harvested *Boswellia serrata* that supports muscle and joint health as well as improved metabolic function.\* It also contains ginger, ashwagandha, and turmeric which have joint, bone, and muscle supportive properties.\* The herbs are combined with chondroitin (derived from shellfish), glucosamine (derived from bovine) and bromelain, which are well studied for maintaining healthy joints.\*

### Supplement Facts

Serving Size: 1 caplet	
Servings Per Container: 90	
Amount Per Serving	%DV
Proprietary Blend 272 mg	†
Glucosamine sulphate 2KCL 95%, Chondroitin sulphate sodium 90%, Bromelain 2400 GDU	
Indian frankincense extract (gum resin) 300 mg	†
contains 150 mg of Boswellic acid	
Ginger <sup>o</sup> extract (root) 100 mg	†
Ashwagandha <sup>o</sup> extract (root) 100 mg	†
Turmeric extract (root) 50 mg	†

† Daily value not established.  
o Organically grown.

Other Ingredients: Calcium carbonate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate (from vegetarian source), silicon dioxide, and natural food glaze coating.



Muscle & Joint Comfort\*



Daily Activity Aid\*

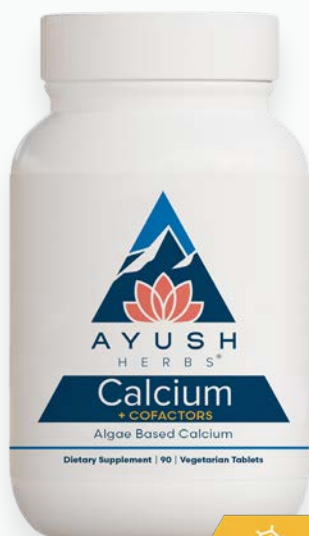


Tendon & Ligament Health\*



Easy Movement\*

## Calcium + Cofactors



Calcium + Cofactors is a holistic herbal and mineral supplement designed to support healthy bone metabolism and mineralization\*. With bioavailable calcium from marine algae and features *Ciccus quadrangularis*, a classical herb from the Ayurvedic philosophy for supporting a healthy skeletal system. All this combined with foundational minerals zinc, boron, and strontium, coupled with Vitamin D to ensure a well balanced, food-based, skeletal support formula.\*

### Supplement Facts

Serving Size: 2 Tablets	
Servings Per Container: 45	
Amount Per Serving	%DV
Vitamin D3 (Cholecalciferol) 15 mcg	75%
Calcium (from Aquamin <sup>®</sup> Calcium TG) 650 mg	50%
Zinc (as Zinc bisglycinate) 5 mg	45%
Winged Treebine Extract [stem] 100 mg	†
<i>(Cissus quadrangularis)</i>	
Boron (as citrate, aspartate, glycinate) 2 mg	†
Strontium (as Strontium citrate) 500 mcg	†

† Daily value not established.

Other ingredients: Cellulose, corn starch, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate (vegetarian sources), hydroxypropyl methylcellulose, and glycerine.



Essential Nutrients



Bone Health



Vegetarian



BioAvailable





# CoCurcumin™



CoCurcumin is specifically designed to maximize bioavailability through co-delivery with MCT-fats from coconut milk, which aid in the body's absorption of curcumin through emulsion. The addition of ginger, pepper, and long pepper also act to enhance absorption as well as improve digestive comfort via their piperine content. Lastly, the inclusion of CoQ10, supports cardiovascular wellness and metabolic function.\* The result is a daily blend that supports cardiovascular wellness, joint and muscle health, immune health, all while promoting energy.

Supplement Facts		
Serving Size: 1 tablespoon (About 5 grams**)		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	18	
Total Fat	1.5 g	<3%
Saturated Fat	1.5 g	<8%
Trans Fat	0 g	†
Turmeric Root Extract (97% pure curcuminoids)	2.4 g	†
Coconut Milk Powder	2.4 g	†
Coenzyme Q10	100 mg	†
Trikatu Extract Blend:	100 mg	†
Black Pepper* ( <i>Piper nigrum</i> ) fruit, Ginger* ( <i>Zingiber officinale</i> ) root, Long Pepper* ( <i>Piper longum</i> ) fruit		

Daily values are based on a 2,000 calorie diet  
 † Daily value not established.  
 \* Organically grown.

Other ingredients: None.



Brain Health\*



Heart Support\*



Daily Activity Aid\*



BioAvailable

# Curcumin 97%™



Curcumin 97% is a pure extract of the phytonutrient curcumin which is one of the best studied plant chemicals in the world. Research supports its utility in promoting joint comfort and bone health, supporting healthy immune function, maintenance of blood lipids within a normal range, and digestive wellness.\* Our curcumin is isolated from turmeric grown in its native habitat of India by scientists who have worked with turmeric and curcumin for most of their lives. The result is pure, clean, curcumin that is great for daily use.

Supplement Facts		
Serving Size: 1 capsule		
Servings Per Container: 90		
Extract Amount Per Serving	%DV	
Turmeric root (97% curcuminoids) 250 mg	†	

† Daily value not established.

Other ingredients: Vegetarian capsule (Cellulose), Microcrystalline Cellulose, Magnesium stearate (vegetarian source), and Silicon dioxide.

## THE AYURVEDIC PERSPECTIVE

In Ayurvedic medicine, ama or toxic metabolites are said to lodge in the joints and muscles and disrupt their healthy function. Herbs were chosen that remove ama while also nourishing and strengthening the joints and tissues for a holistic approach to supporting healthy joints and muscles.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# IMMUNE

SANDALWOOD  
*Santalum album*

## Amla Plex™



Amla Plex is a delicious herbal spread designed for daily use to benefit people of all ages. It is an enhanced and dairy-free chavanprash recipe from the Ayurvedic tradition that is used for daily tonification, immune support, and improving digestive comfort. Its chief ingredient Amla (*Phyllanthus emblica*) is regarded as one of the potent sources of vitamin C found in nature and has been studied for its ability to improve energy levels, support healthy blood glucose levels, support immune function, and promote healthy oral and digestive microflora.\*

**Contains honey.**  
**Not suitable for children under 1 year of age.**

### Supplement Facts

Serving Size: 1 teaspoon (10 grams)		Servings Per Container: 30	
Amount Per Serving		% Daily Value	
Calories	28		
Total Carbohydrate	6 g	2%	
Total Sugars	4 g	†	
Sodium	6.6 mg	<1%	
Proprietary Blend	10 g	†	

Amla\*, Honey, Raw cane sugar, Sesame oil, Cinnamon\*, Long pepper\*, Indian cassia, Adler's mouth orchid, Bael tree, Boerhaavia, Chebulic myrobolan\*, Clerodendrum phlomidis, Cyperus\*, Habenaria, Indian elecampane, Indian Inospora\*, Indian kudzu, Malabar Nut Tree\*, Lepidaria, Malay bush leech, Ocimum, Phyllanthus\*, Polygonatum chinifolium, Sariven, Tribulus\*, Three-lobed leaf coepes, Urtica picta, Ashwagandha\*, White Himalayan Lily, Yellow-fruit nightshade, Water, Clove, Blue wiss, Jeevak, Cardamom, Mesua, Spanish pellitory

† Daily values are based on a 2,000 calorie diet.  
‡ Daily value not established.  
\* Organically grown.

Contains Sesame



**Immune Support\***



**Antioxidant Rich\***



**Optimal Digestion\***



**Family Friendly**

## Ayush Multi™



Ayush Multi is a gentle and foundation-focused multivitamin enhanced with carotenoids and botanicals. Our formula provides all necessary B-vitamins with vitamins A,D,E, and K.

Ayush Multi is unique for the addition of Trikatu: a combination of ginger, black pepper, and long pepper, which promotes comfortable digestion and has been studied for its ability to support absorption.\* Ayush Multi is intended for daily use and to support optimal vitamin and mineral levels and the benefits that come with giving the body the foundational nutritional support it needs to function at its best.

### Supplement Facts

Serving Size: 2 capsules		Servings per container: 45	
Amount per serving		% DV	
Vitamin A (1650mcg RAE as palmitate and 1650mcg RAE as beta carotene)	3300 mcg RAE	367%	
Vitamin D3 (as cholecalciferol)	25 mcg	125%	
Vitamin E (as d-alpha tocopheryl acetate)	25 mg	167%	
Vitamin K2 (as MenaQ7® menaquinone-7)	100 mcg	83%	
Thiamin (Vitamin B-1)	20 mg	1667%	
Riboflavin (Vitamin B-2)	20 mg	1539%	
Niacin (as niacinamide)	65 mg	406%	
Vitamin B6 (as Pyridoxal-5-phosphate)	24 mg	1412%	
Folate (as L-5-Methyltetrahydrofolate-calcium)	1600 mcg DFE	400%	
Vitamin B12 (as methylcobalamin)	400 mcg	16,667%	
Biotin	2000 mcg	6667%	
Pantothenic Acid (as Vitamin B5)	270 mg	5400%	
Iodine (as potassium iodide)	200 mcg	113%	
Zinc (as OptiZinc®)	20 mg	182%	
Selenium (as amino acid chelate)	70 mcg	127%	
Copper (as citrate)	1 mg	111%	
Manganese (as citrate)	2 mg	87%	
Chromium (as ChromeMate®)	100 mcg	286%	
Molybdenum (as glycinate chelate)	100 mcg	222%	
Lycopene 10%	1 mg	*	
Marigold Extract	3 mg	*	
Trikatu blend	10 mg	*	
<small>Zingiber officinale (root), Piper nigrum (fruit) and Piper longum (fruit)</small>			
Boron (from citrate, aspartate, glycinate)	2 mg	*	
Vanadium (sulfate)	5 mcg	*	

\*Daily value (DV) not established

Other Ingredients: Hydroxypropyl methylcellulose (capsule), powdered cellulose, leucine, silica

# BronchoTone™



BronchoTone is designed to support and maintain a healthy respiratory system.\* It combines the herbs *Tylophora asthmatica* and *Adhatoda vasica* both of which have been studied in humans for their respiratory benefits.\* Additionally it contains long pepper, ginger, and tulsi which supports healthy immune function.\* Lastly, it contains amla, one of the richest botanical sources of vitamin C, making it excellent for herbal antioxidant support.\*

## Supplement Facts

Serving Size: 1 capsule  
Serving Per Container: 90

Extract Amount Per Serving	%DV
Proprietary extract blend 350 mg	†
AmlaOxy® (Phyllanthus emblica) fruit, Malabar Nut Tree° (Adhatoda vasica) leaf, Holy basil° (Ocimum sanctum) leaf, Licorice° (Glycyrrhiza glabra) root, Black pepper° (Piper nigrum) fruit, Ginger (Zingiber officinale) root, and Long pepper (Piper nigrum) fruit	
Tylophora (Tylophora asthmatica) root 150 mg	†

† Daily value not established.

° Organically grown.

Other ingredients: Vegetarian capsule (Hypromellose), Magnesium stearate (from a vegetable source) and silicon dioxide.

# Flucomune™



Flucomune is a unique blend of botanicals designed to support a healthy and responsive immune system.\* It combines amla, one of the richest botanical sources of vitamin C and other antioxidants, with holy basil and guduchi which support healthy immune function.\* Licorice root and vasaka leaf also support the immune system while being uniquely supportive to energy levels and the lungs.\* Finally, trikatu was added to promote absorption in the digestive tract while also supporting healthy immune function and promoting healthy mucus management.\*

## Supplement Facts

Serving Size: 1 capsule  
Serving Per Container: 90

Extract Amount Per Serving	%DV
AmlaOxy® (Phyllanthus emblica) fruit 200 mg	†
Belleric Myrobalan° fruit 200 mg	†
Holy basil° (Ocimum sanctum) leaf 200 mg	†
Indian Tinospora° stem 100 mg	†
Licorice° (Glycyrrhiza glabra) root 100 mg	†
Malabar Nut Tree leaf 50 mg	†
Trikatu blend 50 mg	†
Black pepper° (Piper nigrum) fruit, Ginger° (Zingiber officinale) root, and Long pepper° (Piper longum) fruit	

† Daily value not established.

° Organically grown.

Other ingredients: Vegetarian capsule (hypromellose, water and titanium dioxide), magnesium stearate (vegetable source) and silicon dioxide.



Respiratory Support\*



Sinus Health\*



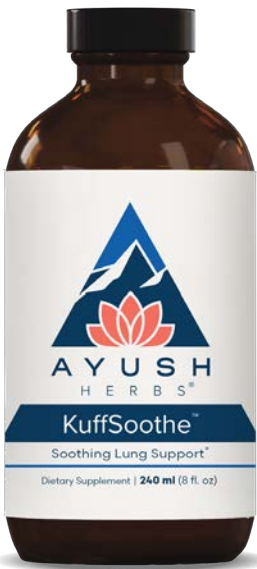
Rapid Response\*



Immune Support\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Kuffsoothe™



Kuffsoothe is a delicious formulation meant to have a place in the cabinet of every family. It is a natural honey mixture blended with a suite of immune and respiratory supportive herbs that additionally is useful for promoting throat and chest comfort.\* This combination provides generous amounts of antioxidants and potent phytochemicals that are perfect for immediate and lasting support.\*

**Contains honey.**  
**Not suitable for children under 1 year of age.**



## Supplement Facts

Serving Size: 1 teaspoon (5ml)  
 Servings Per Container: about 48

	Amount Per Serving	% Daily Value
<b>Calories</b>	<b>20</b>	
Total Carbohydrate	5 g	2%
Added Sugars	4 g	†
Proprietary Herbal Extract Blend	450 mg	†
<i>Amla (Emblica officinalis) fruit<sup>o</sup>, Belleric myrobalan (Terminalia bellerica) fruit<sup>o</sup>, Chebulic myrobalan (Terminalia chebula) fruit<sup>o</sup>, Holy Basil (Ocimum sanctum) leaf<sup>o</sup>, Indian tinospora (Tinospora cordifolia) stem<sup>o</sup>, Malabar nut tree (Adhatoda vasica) leaf<sup>o</sup>, Trikatu Extract Blend: Black Pepper (Piper nigrum) fruit<sup>o</sup>, Ginger (Zingiber officinale) root<sup>o</sup>, Long Pepper (Piper longum) fruit<sup>o</sup></i>		
Eucalyptus essential oil	0.375 mg	†

<sup>o</sup> Percent Daily Values are based on a 2,000 calorie diet.  
<sup>†</sup> Daily value not established.  
<sup>o</sup> Organically grown.

Other ingredients: Honey, Purified Water, Alcohol (10%), Menthol, and Anise seed oil



**Respiratory Support\***



**Throat Soothing\***



**Family Friendly**



**Immune Support\***

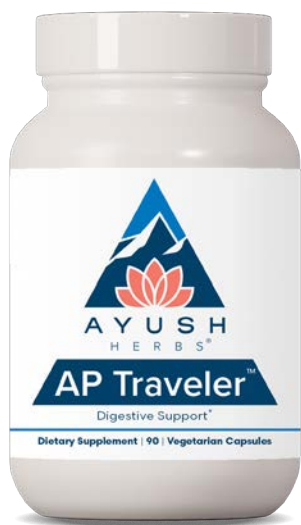
## THE AYURVEDIC PERSPECTIVE

There is a theory of immunity in Ayurveda called beej-bhumi, which means “seed and land”. The body is the land, and infection, or “bugs” are the seeds. When your nutrition and lifestyle are not in accordance to your body type, your body fills up with ama, metabolic toxic buildup, and your ojas, the immune-supporting sap, is lowered. When these conditions are present, infections will find the body to be fertile ground.

# DIGESTIVE

GINGER  
*Zingiber officinale*

## AP Traveler™



AP-Traveler is a potent and versatile herbal combination that supports the maintenance of gastrointestinal health.\* It combines berberine containing plants such as barberry with powerful antioxidant herbs including Amla, Neem, and Holy Basil. Additionally, the phytochemicals in AP-Traveler support and balance a healthy gut microbiome\*. The result is healthy and comfortable digestion which can be especially useful for travelers who experience discomfort between locations or are concerned about testing and drinking water in unfamiliar environments\*

### Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 90

Amount Per Serving	%DV
Magnesium (as malate) 15 mg	3.5%
Proprietary Extract Blend 500 mg	†
Bael tree° ( <i>Aegle marmelos</i> ) fruit, Bitter melon ( <i>Momordica charantia</i> ) fruit, Holy basil° ( <i>Ocimum sanctum</i> ) leaf, Neem° ( <i>Azadirachta indica</i> ) leaf, Vidanga° ( <i>Embellia ribes</i> ) seed, Indian barberry° ( <i>Berberis aristata</i> ) stem, Holarrhena° ( <i>Holarrhena antidysenterica</i> ) seed, Long pepper° ( <i>Piper longum</i> ) fruit	

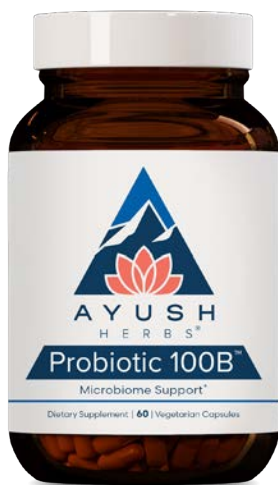
† Daily value not established.

° Organically grown.

Other ingredients: Vegetarian capsule (hypromellose), silicon dioxide, magnesium stearate (vegetarian source).



## Probiotic 100B™



The research into the human microbiome has demonstrated the far reaching and systemic effects that the microbiome plays in human health. Probiotic 100B has been formulated using seven of the most researched strains that offer the most benefit in promoting health in the human body. The addition of prebiotic fructooligosaccharides (FOS) supports probiotic colonization and maintenance and give synbiotic benefits including immune support, and supporting healthy digestion.\* This probiotic is third-party tested for purity and potency and is shelf-stable for two years at room temperature. It is delivered in an eco-friendly vegetarian capsule.

### Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 30

Amount Per Serving	%DV
Proprietary blend 445 mg	†
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium longum</i> , <i>Streptococcus thermophilus</i>	
Totaling Probiotic CFU (colony forming units) 100 Billion at time of manufacture	

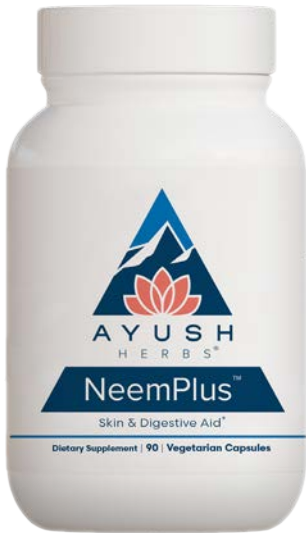
† Daily value not established.

Other Ingredients: Tapioca maltodextrin, vegetable capsule (hypromellose and water), FOS (fructooligosaccharides), vegetable stearate and silicon dioxide.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Neem Plus™



Neem Plus combines a suite of antioxidant herbs with neem leaf. Neem has been used externally and internally for millennia to promote healthy skin and immune function.\* Additionally, amla and belleric myrobalan are potent antioxidants that support both skin and endothelial health.\* Indian tinospora and Indian madder have been added to support immune function and gentle detoxification. Neem Plus address all aspects of skin health for clear and balanced skin.\*



## Supplement Facts

Serving Size: 1 capsule	
Servings Per Container: 90	
Extract Amount Per Serving	%DV
Neem <sup>°</sup> ( <i>Azadirachta indica</i> ) leaf 300 mg	†
Proprietary blend 200 mg	†
AmlaOxy <sup>®</sup> ( <i>Phyllanthus emblica</i> ) fruit, Belleric myrobalan <sup>°</sup> ( <i>Terminalia bellerica</i> ) fruit, Chebulic myrobalan <sup>°</sup> ( <i>Terminalia chebula</i> ) fruit, Indian madder <sup>°</sup> ( <i>Rubia cordifolia</i> ) stem, Indian tinospora <sup>°</sup> ( <i>Tinospora cordifolia</i> ) stem	

† Daily value not established.  
° Organically grown.

Other ingredients: Vegetarian capsule (hypromellose), magnesium stearate (vegetarian source), and silicon dioxide.

Free from Milk, Soy, Egg and Wheat.



# Trifal™



Trifal is a combination of amla, chebulic myrobalan, and belleric myrobalan - a triad of herbs that have been used for millennia to promote digestive comfort, healthy detoxification, and gentle elimination.\* This formula is also considered an early historical example of the understanding of the gut/brain connection as it was also said to promote clear thinking and cognitive alacrity through improving digestion.\* As a result, Trifal is a supplement that offers unique support to improve digestive comfort, promote healthy energy levels, and cognitive focus.\*

## Supplement Facts

Serving Size: 1 capsule	
Servings Per Container: 90	
Extracts Amount Per Serving	%DV
Amla <sup>°</sup> ( <i>Embolica officinalis</i> ) fruit 167 mg	†
Belleric myrobalan <sup>°</sup> ( <i>Terminalia bellirica</i> ) fruit 167 mg	†
Chebulic myrobalan <sup>°</sup> ( <i>Terminalia chebula</i> ) fruit 167 mg	†

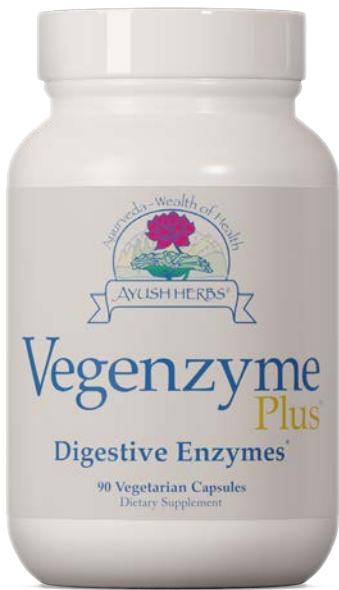
† Daily value not established.  
° Organically grown.

Other ingredients: Vegetarian capsule (hypromellose, water, titanium dioxide, and riboflavin), and magnesium stearate (vegetarian source).



**Available in family friendly liquid drops!**  
(pg. 34)

# Vegenzyme Plus™



Vegenzyme Plus is a fully vegetarian source of digestive enzymes that adds amla which supports gastric secretions with digestion promoting long pepper to enhance efficacy.\* Vegenzyme Plus supports complete digestion of proteins, carbohydrates, and fats which results in digestive comfort after meals and the benefits of complete digestion.\*



## Supplement Facts

Serving Size: 1 capsule  
Servings Per Container: 90

Amount Per Serving	%DV
Proprietary blend 300 mg	†
Amylases, Protease (I,II,III), Lipase, Lactase, HemiSEB™, Cellulase, Diastase, Glucoamylase, Invertase, Bromelain, Papain, Peptizyme SP™, and Alpha Galactosidase	
Proprietary extract blend 100 mg	†
Amla® AmlaOxy® (Emblica officinalis) fruit, and Long Pepper (Piper longum) fruit*	

† Daily value not established.

\* Organically grown.

Other ingredients: Vegetarian capsule (hypromellose, water, riboflavin, titanium dioxide), maltodextrin, magnesium stearate and silicon dioxide.

## THE AYURVEDIC PERSPECTIVE

In Ayurveda, the postulate is “Good health begins and ends with digestion.” By supporting the gut, we become healthy in all ways. In modern times, science has discovered how critical digestive function and the microbiome are to maintaining health throughout the lifespan.

Ayurveda considers the digestive process central to the development of *Tejas* (intelligence), *Ojas* (vitality) and *Prana* (life-force). The digestive process is a broad term that includes our gross digestion of food, digestion of elements (sugar, amino acids, fats), cellular metabolism, as well as digestion of sensory inputs, thoughts, and ideas. Digestion is the key to converting good food into good nutrition for the body, while separating out and eliminating the waste.

SCAN THE QR CODE  
TO READ MORE ABOUT  
HEALTHY DIGESTION!



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# KIDNEY & LIVER

**RADISH**  
*Raphanus sativus*

## Rentone™



Rentone provides botanical support for kidney and urinary tract health. Our all-natural formula employs classic Ayurvedic herbs such as tribulus, holy basil, and shilajit which have a long history of use for supporting immune function and urinary tract health.\* Additionally, prickly chaff flower, cyperus, and horse gram beans are combined with the familiar uva ursi and cranberry to encourage healthy and comfortable urinary flow. The result is the best botanical support for kidney and urinary tract health.

Available in liquid drops! (pg. 34)

### Supplement Facts

Serving Size: 1 caplet Servings Per Container: 90	
Amount Per Serving	%DV
Vitamin B-6 (Pyridoxal-5-Phosphate) 25 mg	1470%
Magnesium (as aspartate) 20 mg	4.76%
Extract Amount Per Serving	
Proprietary extract blend 400 mg	†
Tribulus* fruit, Cranberry fruit, Apamarga* ( <i>Achyranthes aspera</i> ) whole herba, Bearberry ( <i>Arctostaphylos uva-ursi</i> ) leaf, Holy basil* ( <i>Ocimum sanctum</i> ) leaf, Horse gram ( <i>Dolichos B</i> ) seed, Horsetail ( <i>Equisetum arvense</i> ) whole herba, Nut grass* ( <i>Cyperus rotundus</i> ) root, Shameplant* ( <i>Mimosa pudica</i> ) whole herba, Shilajit ( <i>Asphaltum punjabianum</i> ), Varuna* ( <i>Crataeva nurvula</i> ) bark	
Stone flower ( <i>Didymocarpus pedicellata</i> ) leaf 100 mg	†
Pakhanbed ( <i>Saxifraga ligulata</i> ) root 100 mg	†
Percent daily values are based on a 2000 calorie diet.	
† Daily value not established.	
* Organically grown.	

Other ingredients: Calcium carbonate, stearic acid, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate (vegetarian source), natural food glaze coating.



Bladder Health\*



Fluid Balance\*



Kidney Function\*



Prostate Support\*

## Livit-2™



Livit-2 is a unique formulation that is based on a classical Indian herbal detoxification formula that has been enhanced and informed by the latest botanical research. The result is potent herbal synergy that supports all phases of detoxification and elimination and supports liver, gallbladder, digestive, and renal health.\* By targeting and supporting all the organs of elimination, Livit-2 is useful for those seeking regular, gentle, detoxification support.

### Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 90	
Extract Amount Per Serving	%DV
Proprietary extract blend 350 mg	†
Phyllanthus* ( <i>P. niruri</i> ) whole plant, Amla* fruit, Andrographis* whole plant, Arjuna* bark, Belleric myrobalan* fruit, Black nightshade* whole plant, Chebulic myrobalan* fruit, Chirata aerial parts, Eclipta* leaf, Indian barberry* stem, Mudar* leaf, Purple tephrosia* whole plant, Radish root & stem	
Indian tinospora* ( <i>Tinospora cordifolia</i> ) stem 50 mg	†
Picrorhiza* ( <i>Picrorhiza kurroa</i> ) root 50 mg	†
Boerhavia* ( <i>Boerhaavia diffusa</i> ) root 50 mg	†
† Daily value not established.	
* Organically grown.	

Other ingredients: Calcium carbonate, croscarmellose sodium, stearic acid, microcrystalline cellulose, magnesium stearate (vegetarian sources), silicon dioxide, and natural food glaze coating.



Healthy Liver



Detox Support



Gallbladder Function



Healthy Gut\*

## THE AYURVEDIC PERSPECTIVE

Ayurvedic medicine excels at its understanding of our detoxification organs. In particular, Ayurvedic doctors invented Panchakarma, a very detailed multi-step detoxification protocol. As a result of this refinement, the ability to remove "ama" or "toxins" with herbs remains exceptionally advanced.

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# DROPS

ASHWAGANDHA  
*Withania Somnifera*

## Ashwagandha Drops



Ashwagandha (*Withania somnifera*) is one of the most well-studied and widely used individual herbs for mental and physical well being. Research supports its use to promote healthy energy levels, physical and mental stamina, cognitive alacrity, a balanced immune response, and sleep quality.\*

### Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Amount Per Serving	%DV
Ashwagandha <sup>o</sup> root extract 100 mg	†

† Daily value not established.

<sup>o</sup> Organically grown.

Other ingredients: Glycerin, water and lemon flavors from a natural source, vanilla bitter blocker powder.



## Ashwagandha Kids Drops



Ashwagandha Kids Drops offer a kid-friendly way to enjoy one of the most famously used herbs for children's health. Ashwagandha has a long history of use supporting healthy focus, a sense of calm, and attentiveness as well as immune function and quality sleep.\* Our ashwagandha is meticulously farmed and raised in pristine soils in the foothills of the Himalayan mountains and tested repeatedly to ensure maximum potency and freedom from any contaminants. Provided in a vegetable glycerin base, our Ashwagandha drops have a delicious flavor kids are sure to enjoy!

### Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Amount Per Serving	%DV
Ashwagandha <sup>o</sup> ( <i>Withania somnifera</i> ) root extract 100 mg	†

† Daily value not established.

<sup>o</sup> Organically grown.

Other ingredients: Glycerin, water, lemon flavors from a natural source.



Mood Support\*



Promotes Calm\*



Mental Clarity\*



Family Friendly

# Bacopa Plus™ Drops



Bacopa Plus Drops provide fast support for cognitive performance and stamina.\* With a combination of Ashwagandha, Bacopa, Ginkgo, and Convolvulus, these drops support a calm focus and promote mental alacrity without the jitters of caffeine.\*



Supplement Facts	
Serving Size: One full dropper (approx. 0.75 ml)	
Servings Per Container: 80	
Amount Per Serving	%DV
Proprietary Extract Blend 100 mg	†
Ashwagandha° root, Bacopa° whole plant, Ginkgo leaf, Gotu Kola° whole plant, Shankhpushpi° whole plant	
† Daily value not established.	
° Organically grown.	

Other ingredients: Glycerin, water, lemon and grape flavors from a natural source.



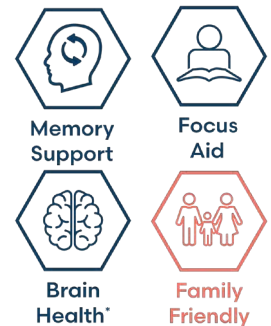
# Bacopa Plus™ Kids Drops



The gentle power of Ayurvedic herbs is a perfect fit for growing bodies and brains. Our pure herbs are expertly extracted and blended with vegetable glycerin for an easy, tasty way to bring the benefits of herbs to young folks (and anyone who prefers alcohol-free liquid supplements). Our Bacopa Plus Kids Drops feature ashwagandha, bacopa, ginkgo and gotu kola to support focus, recall, and nervous system balance. They're a great addition to your family's 'back to school' supplies, or for anytime you want to help with a kids' calm focus.

Supplement Facts	
Serving Size: One full dropper (approx. 0.75 ml)	
Servings Per Container: 80	
Amount Per Serving	%DV
Proprietary Extract Blend 100 mg	†
Ashwagandha° root, Bacopa° whole plant, Ginkgo leaf, Gotu Kola° whole plant, Shankhpushpi° whole plant	
† Daily value not established.	
° Organically grown.	

Other ingredients: Glycerin, water, lemon and grape flavors from a natural source.



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# Trifal™ Drops



Trifal™ Adult Drops are comprised of the traditional combination of Terminalia chebula (haritaki), Terminalia bellerica (bahera), and Phyllanthus emblica (formerly Emblica officinalis, commonly known as amla). This combination benefits the digestive tract by supporting comfortable digestion, delivering high dose antioxidants, and promoting bowel regulation and relief of occasional constipation. These herbs are also known for their adaptogenic properties: promoting energy and supporting the body's ability to adapt to stressful environments.

## Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Amount Per Serving	%DV
Proprietary Extract Blend 100 mg	†
AmlaOxy® ( <i>Phyllanthus emblica</i> ) fruit, Belleric myrobalan® ( <i>Terminalia bellerica</i> ) fruit, and Chebulic myrobalan® ( <i>Terminalia chebula</i> ) fruit	

† Daily value not established.  
° Organically grown.

Other ingredients: Glycerin, water and lemon flavors from a natural source.



# Trifal™ Kids Drops



Kids Trifal Drops are a combination of three fruits - Amla, Belleric myrobalan, and Chebulic myrobalan. This combination has been used for millennia to promote healthy, comfortable digestion, and healthy immune function.\* Our alcohol-free drops can help ease upset tummies, promote comfortable elimination, and encourage children's overall wellness.\*



## Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Amount Per Serving	%DV
Proprietary Extract Blend 100 mg	†
AmlaOxy® ( <i>Phyllanthus emblica</i> ) fruit, Belleric myrobalan® ( <i>Terminalia bellerica</i> ) fruit, and Chebulic myrobalan® ( <i>Terminalia chebula</i> ) fruit	

† Daily value not established.  
° Organically grown.

Other ingredients: Glycerin, water and lemon flavors from a natural source.



# Rentone™ Drops



Rentone employs Ayurvedic herbs such as tribulus, tulsii, and shilajit, which have a long history of use for immune support and supporting urinary tract health.\* Additionally, prickly chaff flower, cyperus, and horse gram beans are combined with the familiar uva ursi and cranberry to support healthy and comfortable urinary flow.\* Meanwhile, horsetail and 3-leaf caper, along with magnesium and Vitamin B6 offer vitamin and micro mineral support for healthy urinary tone and control.\*

## Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Amount Per Serving	%DV
Proprietary extract blend 100 mg	†
Pakhanbed* leaf, Stone flower leaf, Tribulus fruit, Cranberry fruit, Apamarga* whole herba, Bearberry leaf, Holy basil* leaf, Horse gram seed, Horsetail whole herba, Nut grass* stem, Shameplant* whole herba, Shilajit, Varuna* bark	

† Daily value not established.  
° Organically grown.

Other ingredients: Glycerin, water and lemon flavors from a natural source.



Bladder Health\*



Fluid Balance\*



Kidney Function\*



Prostate Support\*

# Tulsi Drops



Tulsi, also known as Holy Basil, is considered to be a natural adaptogen, meaning it helps the body adapt to stress and promote overall well-being. Historically, this plant was revered for its gentle tonifying capabilities as well as its association with deepening one's spiritual practice, garnering it the name "Queen of the Herbs." Today, tulsi has been studied for its antioxidant capacity, its ability to support the mind, as well as its ability to support healthy immune function.\*



## Supplement Facts

Serving Size: One full dropper (approx. 0.75 ml)  
Servings Per Container: 80

Extract Amount Per Serving	%DV
Holy Basil* ( <i>Ocimum sanctum</i> ) leaf extract 100 mg	†

† Daily value not established.  
° Organically grown.

Other ingredients: Glycerin, water, and natural lemon flavor.



Promotes Calm\*



Immune Support\*



Balanced Stress Response



Antioxidant Rich\*

EXPLORE THE  
**FAMILY FRIENDLY**  
COLLECTION



# OILS

## Neem Oil

Neem has been used traditionally throughout most of Asia to support healthy, blemish free, skin. Additionally, the use of lavender and peppermint oil are useful in cooling skin and calming blemishes and irritated bumps. In a sesame oil base, this oil is good for all skin types and is intended for regular use.



### INGREDIENTS

*Azadirachta indica*, peppermint, and lavender in a base of sesame oil.

## Narayan Oil™

Narayan Oil is a classic Indian herbal oil infusion that is seen as an essential part of muscle and joint maintenance. It is a perfect addition for topical support of aging joints as well as for athletes and those just getting back into the world of exercise.\*



### INGREDIENTS

*Withania somnifera*, *Sida cordifolia*, *Aegle marmelos*, *Solanium nigrum*, *Solanium indicum*, *Tribulus terrestris*, *Vitex negundo*, *Oroxylum indicum*, *Boervahia diffusa*, *Phaseolus mungo*, *Pluchea lanceolata*, *Ricinus communis*, *Cedrus deodara*, *Sida veronicaefolia*, *Premma mucronata*, *Asparagus racemosus*, *Saussurea lappa*, *Amonum*, *Santalum album*, *Valerian*, *Foeniculum vulgare*, *Desmodium gangeticus*, *Teramamus labialis*, and *Phaseolus trilobus* in a base of organic sesame oil.

## Invigorating Massage Oil

Oil infused with spicy aromatics to enhance circulation and warm you up. Great for cold weather activities.



### INGREDIENTS

Cinnamon, ginger, almond, and cardamom in a base of organic sesame seed oil.

## Rejuvenating Hair Oil

Oil Infused with herbs which promote lustrous hair and a healthy scalp. Head massage is calming to the nervous system, and can promote better sleep.



### INGREDIENTS

Amla, eclipta, gotu kola, licorice, and ashwagandha in a base of organic sesame oil.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## Tulsi Daily Body Oil

Nourishing tulsi extract promotes skin hydration, healthy oil production, and skin elasticity.\*



### INGREDIENTS

Tulsi extract in a base of organic sesame oil.



## Healthy Aging Body Oil

Antioxidant-rich amla and brahmi (gotu kola) extracts help protect skin against environmental stressors, reduce uneven tone, and promote collagen production.\*



### INGREDIENTS

Amla and brahmi (gotu kola) extracts in base of organic sesame oil.



# AYUSHPET

All Natural Professional Pet Health



This hardworking adaptogen can assist with behavior support, calming a nervous fourlegged family member, or boosting your pet's overall vitality.\*



Made with pure and potent organic ashwagandha root extract, these easy-to-use alcohol-free drops support your pets' energy, balanced sleep cycles, and overall wellness.\*



A classic Ayurvedic blend of amla, haritaki, and bahera, work to promote optimal pet gut health, including comfortable digestion and elimination.\*



Ideal for smaller and younger pets, Trifal drops are easy, alcohol-free, and absorb quickly for relief tailored to your pets' needs.\*



This herbal supplement features neem for its ability to calm irritated skin.\* It is blended with triphala for healthy digestion, which is key to your pet's healthy skin and shiny coat.\*



Neem oil helps encourage your pets' skin health by calming dry and itchy spots on when applied topically to ears.\*



**SCAN TO EXPLORE THE PET COLLECTION!**

or visit us online at [ayush.com/collections/pet-products](http://ayush.com/collections/pet-products)



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.





This balanced herbal formula nourishes your pet's kidneys, promotes bladder tone and overall urinary function, to help them stay healthy into their later years.\*



Complete all-natural solution for pet bladder, kidney, and urinary in a liquid formulation for easier dosing.\*



Naturally potent daily muscle and joint support with pure curcumin extract from organically grown turmeric.\*



Paingon supports muscle, joint, and tendon health and promotes comfort to help keep your pet active throughout their life.\*

Available in Caplets & Capsules!



A holistic blend of liver-supporting herbs and nutrients for optimal liver function, gentle detoxification, as well as skin and coat health.\*



A powerful combination of Ayurvedic herbs known to assist in cleansing the digestive system of harmful organisms and maintain your pet's gastrointestinal wellness.\*



This curcumin-based powdered blend supports your pet's joint, brain, skin, and digestive health.\*



A brand new addition to the AyushPet line, these Chicken Flavored Ashwagandha Chews are perfect for cats and dogs.\* Encourage your pet's vitality and calm.\*

Visit [www.holistic-pet-care.com](http://www.holistic-pet-care.com) for Dr. Tejinder Sodhi's WA based veterinarian clinics!  
[animalwellness@holistic-pet-care.com](mailto:animalwellness@holistic-pet-care.com) | Lynnwood: 425.771.6300 | Bellevue: 425.455.8900

# MEET OUR DOCTORS



**Dr. Virender Sodhi, MD (Ayurveda), ND  
CEO**

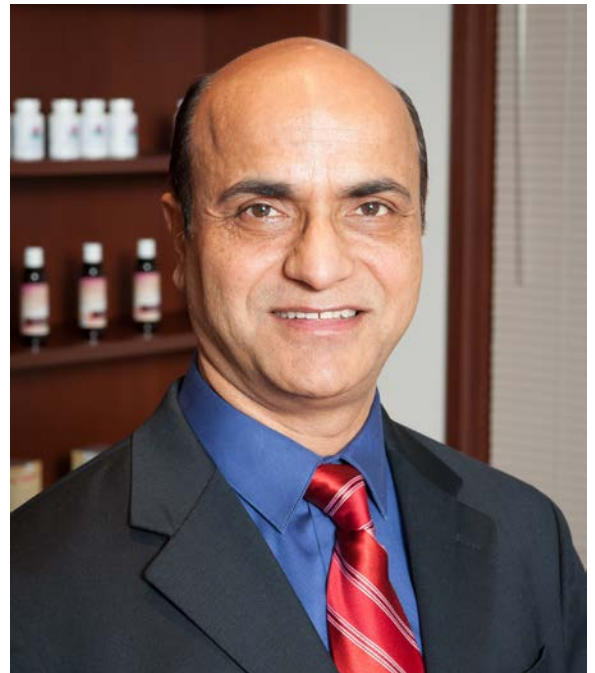
Dr. Virender Sodhi was born in Himachal Pradesh, India. From a very early age, Dr. Sodhi knew that he wanted to be a physician and would go to the village doctor feigning illness in order to procure remedies that he could take home and put into his “doctor’s kit”. This passion for healing led him to receive an MD in Ayurveda from Dayanand Ayurvedic College in Jalandhar, India in 1980, and then in 1986, he came to the West to share Ayurveda as part of a cultural exchange program. In 1988, he graduated from Bastyr University with a degree in Naturopathic Medicine.

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**Dr. Shailinder Sodhi, BAMS, ND**

**President**

Dr. Shailinder Sodhi was born in Himachal Pradesh, India. Growing up near the Himalayas, he developed an early interest in Ayurvedic plants and herbs. This interest gradually turned into a passion and in 1985, he received his Bachelor in Ayurvedic Medicine and Surgery (BAMS) degree from Dayanand Ayurvedic College in Jalandhar, India. He then enrolled at Bastyr University located in Kenmore, Washington where he received his ND degree in Naturopathic Medicine in 1993. He also holds an AA in Diagnostic Ultrasound and in RDMS. He became President of Ayush Herbs in 1994 and has served on the board ever since.



# MEET OUR DOCTORS



## **Dr. Tejinder Sodhi, DVM, CMC** Veterinarian

Dr. Tejinder Sodhi graduated from the College of Veterinary Science in Punjab, India in 1983. He moved to the U.S. in 1985 and received his Educational Commission for Foreign Veterinary Graduates (ECFVG) certification with the American Veterinary Association. Dr. Tejinder now owns two holistic veterinary clinics in Bellevue, WA and Lynnwood, WA. He is also president of the first ever chapter of Holistic Veterinarians in the state of Washington. As president, he works to promote Holistic care in the field. In his spare time, he loves spending time with his wife, Sushma, son, Muni, daughter, Rupali and their dog, Simba.

## **Dr. Anju Sodhi, BAMS, ND** Ayurvedic Skincare Specialist

Dr. Anju Sodhi was born in Haryana, India. The eldest daughter of a chemist and pharmacist, she developed an early interest in medicine which led her to study at India Chakarovarty College for her Pre-Med Undergraduate Degree and go on to receive a Bachelor in Ayurvedic Medicine and Surgery (BAMS) degree, from Khanpur Women's University, in Haryana, India. She immigrated to the United States in 1990 where she enrolled at Bastyr University to pursue a degree in Naturopathic Medicine. She graduated in 1993 with her husband, Dr. Shailinder Sodhi. Dr. Anju currently practices medicine at the Ayurvedic and Naturopathic medical clinic in Bellevue and serves on the board of Ayush Herbs as a women's health specialist and formulator.



# MEET OUR DOCTORS



## Dr. Sushma Sodhi, Ph.D.

CFO

Dr. Sushma Sodhi was born in Uttar Pradesh, India. In 1983, she graduated from Panjab University in Chandigarh, India with a degree in microbiology and a Masters of Science in Microbiology. Dr. Sushma later attended the Postgraduate Institute of Medical Education and Research (PGIMER), a medical and research institution in Chandigarh, India, where she received her PhD in microbiology. In 1989, Dr. Sushma immigrated to the U.S. to continue her postdoctoral training and completed a postgrad fellowship in microbiology at the University of Washington in 1992. That same year, Dr. Sushma was voted onto the board of Ayush Herbs and worked as the office manager before advancing to the role of CFO. Dr. Sushma was also instrumental in the launch of the Ayush Pet line, bringing the best of Ayurvedic herbal medicine to the veterinary world.

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## Dr. Brian Keenan, ND, LAc

Education Manager

Dr. Brian Keenan is an herbalist, Naturopathic Doctor, and acupuncturist. He spends his time synthesizing the worlds of science and energetic medicine for all audiences and experience levels.

He currently practices in Maryland and is the education manager at Ayush Herbs Inc. Dr. Brian is also adjunct faculty at Bastyr University and guest lectures regularly.



# OUR BRANDS



Ayush Herbs, Inc. was founded in 1988 by the Sodhi brothers, who came to the United States to share their knowledge of Ayurveda and demonstrate the incredible healing power of traditional and natural medicine.



ruved® is an Ayush Herbs subsidiary brand offering a selection of herbal supplements based on Ayush's natural formulations. Focused on wellness and lifestyle wisdom inspired by Ayurveda, ruved offers natural products and curated content for the general public.



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The Ayush Extracts division offers pure herbal extracts and raw powders from naturally grown herbs on our farms in their pristine Himalayan habitat located in Himachal Pradesh, India.



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