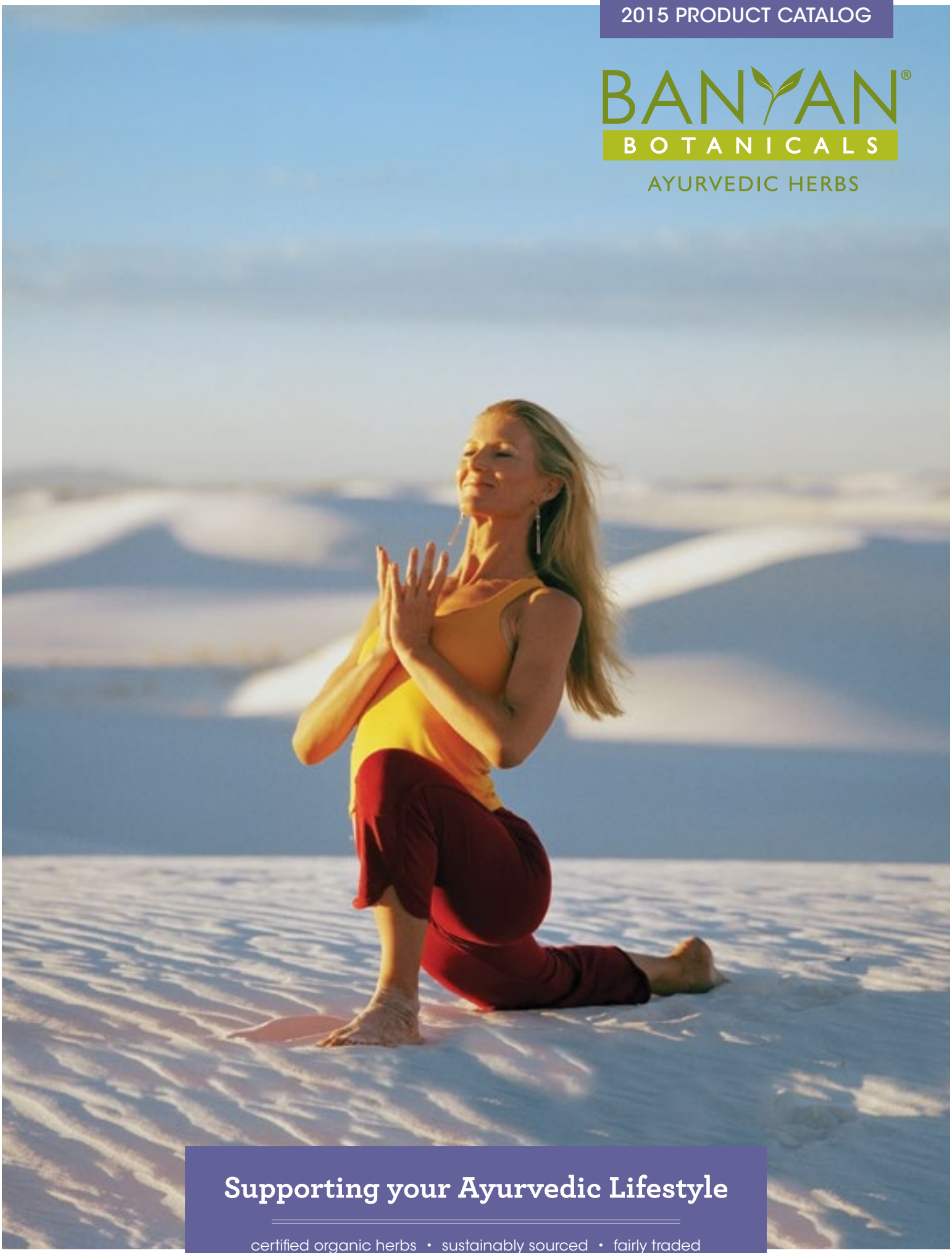
2015 PRODUCT CATALOG

BANYAN®
BOTANICALS
AYURVEDIC HERBS



Supporting your Ayurvedic Lifestyle

certified organic herbs • sustainably sourced • fairly traded

Pure, safe and effective herbs and products

Banyan Botanicals was born out of a love for the deep wisdom of Ayurveda. Serving the growing Ayurvedic community in the West, Banyan Botanicals brings you the best by working closely with distinguished teachers and doctors to continue the long-standing tradition of Ayurvedic herbal medicine. Our core team is highly trained in Ayurveda and passionately brings you gems from the tradition—gems that have been relied upon for thousands of years and have been profoundly beneficial for us personally.

Ayurveda is a wholistic system of medicine that has been successfully practiced in India to treat illness and disease for thousands of years. Because herbal medicines are not considered drugs, FDA regulations restrict our ability to share with you the traditional and historical uses of the herbs we carry. Education and self-empowerment are essential to get the maximum benefit of an Ayurvedic lifestyle. Along with premium quality products and excellent customer service, we are continually striving to bring you the most useful information possible while remaining within the regulatory guidelines.

In order to achieve this goal and to support your health and the planet, Banyan Botanicals' herbs are:

- USDA Certified Organic
- Sustainably Sourced
- Fairly Traded
- Vegetarian
- Strictly tested for identification, heavy metal contamination and microbiological contamination

BanyanBotanicals.com provides educational information about:

- Individual herbs
- Our specially blended formulas
- Masterfully created oils
- Your Ayurvedic constitution
- Ayurvedic lifestyle and diet suggestions
- Yoga from an Ayurvedic perspective
- And so much more!

For your knowledgeable source of premium quality Ayurvedic herbs, herbal formulas and lifestyle products, we invite you to shop with Banyan Botanicals.

***Cover**: Banyan Ambassador, Shiva Rea, Prana Vinyasa Yoga Global Teacher, and Founder, Samudra Global School for Living Yoga*

Bibhitaki Fruit

Optimum Health 3
Healthy Hair 7
Women's Health 8
Men's Health 12
Optimal Weight 13
Sound Sleep 14
Healthy Mind 15
Healthy Skin 16
Joint Health 18
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Lighten Up!

Gentle daily detoxification with Triphala

Erin D., Banyan's Community Director

Triphala

Balancing Formula for Detoxification & Rejuvenation*
500 mg tablets, 90 per bottle

- Assists natural internal cleansing*
- Gently maintains regularity*
- Nourishes and rejuvenates the tissues*
- Supports healthy digestion and absorption*
- Natural antioxidant*

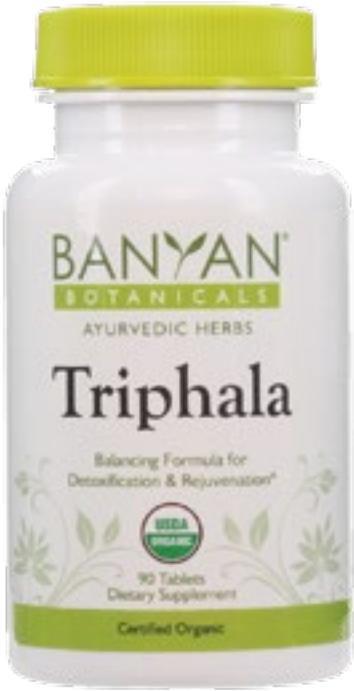
Commentary:

Triphala is recommended and used more than any other Ayurvedic herbal formulation. Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it, this traditional formula supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems. Translated as "three fruits", it is composed of the dried fruits of amalaki, bibhitaki and haritaki. Containing five of the six tastes (all but salty), Triphala readily removes excess vata, pitta and kapha from the body, bringing balance and proper functioning to the system. It is commonly taken as a daily supplement to help maintain balance of the doshas.*

Ingredients:

Each tablet contains Amalaki fruit†, Bibhitaki fruit†, Haritaki fruit†. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

†Certified organic



#1051
(1 BOTTLE)
$16.95

photos: freshly harvested haritaki fruit, amalaki fruit

*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.

photos: vasaka leaves, fresh haritaki fruit

#5151
(1 JAR)
$19.95

Chyavanprash

Promotes Rejuvenation and Proper Function of the Immune System*

- **Excellent rejuvenative for the mind and body***
- **Supports proper function of the immune system***
- **Promotes a healthy metabolism***
- **Supports healthy lungs and respiration***

Commentary:

Chyavanprash is a traditional Ayurvedic herbal jam made in a base of amalaki fruit, a rich source of antioxidants. This excellent rejuvenative nourishes and strengthens the body, providing energy and vitality.

Chyavanprash is a delicious way to support daily herbal consumption due to its unique constituents of cane sugar, ghee and honey. Proven effective over thousands of years of use, these nourishing tastes play the important role of "carriers" that allow the herbs to penetrate deep into the tissues. In a small daily dose (1 or 2 teaspoons), it makes for a tasty and very healthful treat.

This tridoshic formula stimulates metabolism and enkindles the digestive fire without aggravating pitta. It balances vata and kapha while strengthening the body against the effects of a stressful lifestyle. The energizing herbs bolster the immune system and help maintain health and well-being throughout the year.*

Ingredients:

Cane sugar⁺, Honey⁺, Ghee⁺, Amalaki fruit⁺, Cardamom seed⁺, Ashwagandha root⁺, Pippali fruit⁺, Vasaka leaf⁺, Haritaki fruit⁺, Punarnava root⁺, Kantakari herb⁺, Gokshura fruit⁺, Vidari Kanda root⁺, Guduchi stem⁺, Sati herb⁺, Shatavari root⁺, Musta root⁺, Bilva fruit⁺.

⁺Certified organic

photos: echinacea flower, cane sugar stalks

#1201
(1 BOTTLE)
$19.95

Immune Support

Promotes Health & Supports Proper Function of the Immune System* | 500 mg tablets, 90 per bottle

- **Bolsters the immune system and supports the body's natural defenses***
- **Promotes the elimination of natural toxins***
- **Reduces excess kapha in the head and chest***
- **Promotes health and well-being***

Commentary:

Immune Support is a dynamic blend of herbs that bolsters the body's natural defenses, helping to maintain health during seasons and situations where immunity might be challenged. It supports a healthy immune response and aids in the detoxification of the blood and lymph. This blend contains Ayurvedic herbs that are traditionally used to support the immune system, as well as Western herbs echinacea and osha. Together they create an immune-boosting formula that helps promote overall health and well-being.*

Ingredients:

Each tablet contains Licorice root⁺, Cane sugar⁺, Kalmegh herb⁺, Pippali fruit⁺, Turmeric root⁺, Ginger root⁺, Echinacea root⁺, Osha root⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Black Pepper fruit⁺, Cardamom seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: ginger root, ashwagandha plant

#2641
(1 BOTTLE)
$12.95

I Travel Well

1:2 liquid extract (524 mg/ml), 1 oz bottle

- Supports the body's natural ability to adapt to the stresses of travel including changes in time zone*
- Helps reestablish healthy sleep patterns*
- Bolsters the immune system*
- Energizes the body and calms the mind*
- Supports healthy digestion and gently promotes regularity*

Commentary:

This convenient liquid extract was formulated specifically to support the needs of today's modern traveler. Hectic schedules, increased demands on the immune system, changes in time zone, disrupted sleep and meal routines and limited healthy food choices are some of the many challenges faced when traveling. This powerful blend of Ayurvedic herbs has been created to help keep you at your best when you are on the road.

"I Travel Well" supports the body's natural adaptive mechanisms to keep your body and mind functioning optimally through out your journey. It helps reestablish healthy sleep patterns, as well as, supporting the immune, respiratory and nervous systems. It also works to maintain digestion and eliminate the natural toxins that can accumulate due to an irregular diet and schedule.*

Ingredients: Ashwagandha root⁺, Ginger root⁺, Bacopa herb⁺, Tulsi leaf⁺, Fennel seed⁺, Amalaki fruit⁺, Gokshura fruit,⁺ Brahmi/Gotu Kola leaf⁺, Turmeric root⁺.

⁺Certified organic

photos: brahmi leaf, eucalyptus leaves

#3181
(1 BOTTLE)
$10.95

Nasya Oil

Nasal Drops for Clear Breathing

- Lubricates the nasal passages
- Soothes and cleanses the tissues
- Promotes awareness and concentration

Commentary:

The nose is the direct route to the brain and also the doorway to consciousness. It is the entrance for prana, the life force, which comes into the body through the breath. Healthy uncongested breathing is important to ensure proper flow of prana throughout the head and body. When an excess of bodily fluids accumulates in the sinus, throat, nose or head areas, it is best eliminated through the nose. Administration of herbally infused oil, or nasya, helps facilitate this cleansing process. Nasya Oil soothes and protects the nasal passage while nourishing the tissues. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress. Balancing for vata, pitta and kapha, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision and promote mental clarity.

Ingredients: Sesame oil⁺, Olive oil⁺, Brahmi leaf⁺, Calamus root⁺, Skullcap herb⁺, Eucalyptus essential oil⁺.

⁺Certified organic

*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.

#1261
(1 BOTTLE)
$29.95

photos: dandelion flower, wheatgrass

#1111
(1 BOTTLE)
$19.95

photos: dried gokshura fruit, kapikacchu seeds

Everyday Greens

A Nutrient-Rich Superfood for Health and Vitality*
500 mg tablets, 180 per bottle

- A natural whole food source of vitamins, minerals and antioxidants*
- Rich in essential amino acids, chlorophyll and phytonutrients*
- Promotes energy and vitality*
- Supports healthy immune function and weight management*
- Alkalizing ingredients that help balance pH*
- Supports healthy lipid/cholesterol levels*

Commentary:

Fruits and vegetables, essential for healthy living, are a cornerstone of any Ayurvedic diet. However, most people do not eat the required number of servings needed to supply the body with an ample amount of whole food nutrients. Green food supplementation can help assist your body in getting the vitamins, minerals and antioxidants it needs for healthy functioning. Containing nutrient-rich cereal grasses, spirulina and dandelion from the finest natural sources, Everyday Greens is a concentrated superfood. This USDA certified organic and 100% vegetarian formula promotes energy and vitality while supporting healthy immune function. It eliminates toxins, supports a balanced metabolism and helps the body maintain its natural state of vitality.*

Ingredients: Each tablet contains Spirulina juice powder⁺, Alfalfa Grass juice powder⁺, Barley Grass juice powder⁺, Wheat Grass juice powder⁺, Oat Grass juice powder⁺, Dandelion Greens powder⁺.

⁺Certified organic

Stress Ease

Balancing Formula for Coping with Stress and Fatigue*
500 mg tablets, 90 per bottle

- Promotes increased energy levels*
- Helps the body and mind adapt to the stress of modern life*
- Bolsters the immune system and stamina*
- Nourishes and strengthens the muscles*

Commentary:

Nearly all health professionals agree that the stress of modern living is one of the biggest obstacles to maintaining health and well-being. As stress accumulates, many people find themselves exhausted as they try to juggle the responsibilities of their demanding lifestyles. Stress Ease helps the body cope with stress by supporting the resiliency and tone of the neuromuscular system. Unlike the temporary jolts and inevitable crashes experienced with caffeine and sugar, this blend of herbs strengthens the system to provide a sustained source of natural energy. Stress Ease bolsters one's ability to surmount physical, mental and emotional challenges. Its rejuvenative actions may be beneficial for those prone to fatigue, weakness and feeling overwhelmed.*

Ingredients: Each tablet contains Ashwagandha root⁺, Shatavari root⁺, Brahmi leaf⁺, Amalaki fruit⁺, Guduchi stem⁺, Gokshura fruit⁺, Arjuna bark⁺, Kapikacchu seed⁺, Ginger root⁺, Pippali fruit⁺, Cardamom seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

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#1241
(1 BOTTLE)
$19.95

photos: hibiscus flower, bhringaraj flower

Saadia Shaza Khan, Ayurvedic Practitioner and Ayuryoga Instructor

Healthy Hair

Promotes Growth of Thick and Lustrous Hair*
500 mg tablets, 90 per bottle

- Supports robust hair growth*
- Promotes natural color and luster*
- Bolsters hair strength and thickness*

Commentary:

According to Ayurveda, the early onset of gray hair and balding are indicative of excess pitta in the system. Healthy Hair combines powerful detoxifying herbs that remove excess pitta from the body while supporting the factors that lead to healthy hair growth. Its main ingredient, bhringaraj, is known as "the ruler of the hair" for its historical use as a rejuvenative for the scalp and hair. Healthy Hair cleanses the liver, helping the body support hair growth, while providing the nutrients that lead to a thick, lustrous head of hair.*

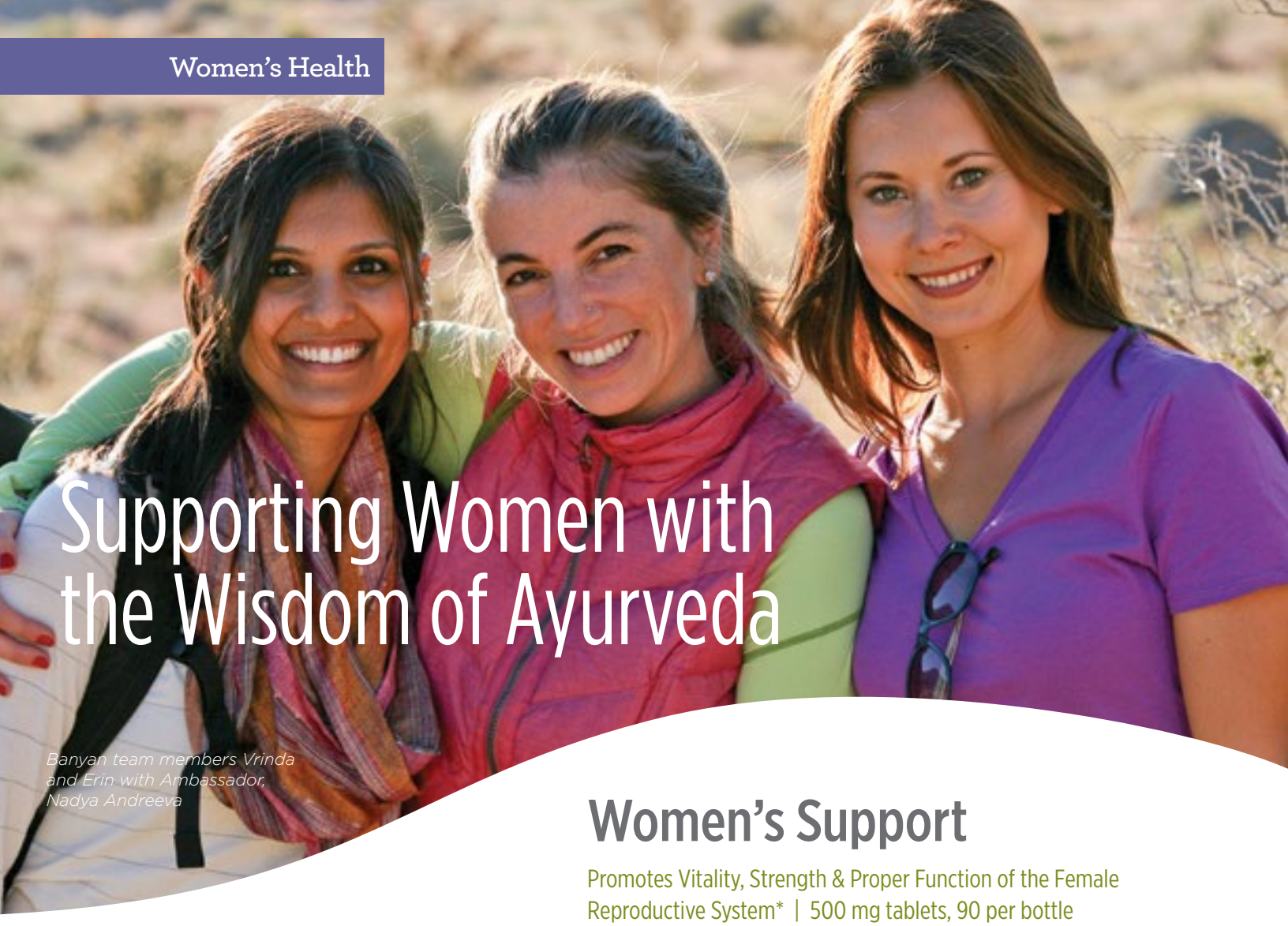
Ingredients: Each tablet contains Bhringaraj leaf⁺, Amalaki fruit⁺, Brahmi leaf⁺, Hibiscus flower⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

Healthy Hair Oil

Healthy Hair Oil consists of a nutrient-rich base of sesame and coconut oils infused with powerful herbs renown in Ayurveda for their hair rejuvenating properties. Healthy Hair Oil will give your hair a natural, healthy shine while leaving it soft, silky and more manageable.

#3443	4 fl oz:	$12.95
#3445	12 fl oz:	$25.95
#3441	34 fl oz:	$47.95
#3442	128 fl oz:	$136.00



Supporting Women with the Wisdom of Ayurveda

Banyan team members Vrinda and Erin with Ambassador, Nadya Andreeva

Women's Support

Promotes Vitality, Strength & Proper Function of the Female Reproductive System* | 500 mg tablets, 90 per bottle

#1141
(1 BOTTLE)
$19.95

photos: shatavari plant, dried chunks of vidari root

- **Supports regular and healthy menses***
- **Supports fertility and a healthy libido***
- **Maintains proper balance of female hormones***
- **Supports a healthy menopausal transition***

Commentary:

Women's Support is a balancing and revitalizing tonic for the female reproductive system. It rejuvenates and energizes the system, building the body's strength and stamina against the stresses of modern living. Nourishing to the blood and reproductive organs, Women's Support gently maintains the healthy production of female hormones, helping to regulate the menstrual cycle and ease the transition into menopause. This cleansing formula removes excess pitta from the system and supports a healthy, uncongested monthly flow. Soothing to the nerves and tissues, it calms mental agitations and promotes abdominal comfort before and during menstruation. Shatavari, the main ingredient, is also a natural aphrodisiac and is traditionally used to support fertility and vitality.*

Ingredients: Each tablet contains Shatavari root⁺, Guduchi stem⁺, Vidari Kanda root⁺, Punarnava root⁺, Musta root⁺, Brahmi leaf⁺, Coriander seed⁺, Fennel seed⁺, Cardamom seed⁺, Kumari leaf juice⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

#1371
(1 BOTTLE)
$19.95

photos: ashoka flowers, chitrak flowers

Women's Cycle Ease

Balancing Formula for a Kapha-Pitta Menstrual Cycle*
500 mg tablets, 90 per bottle

- **Supports women with occasionally heavier menstrual flow, frequent cycles, and discomfort with menses***
- **Supports the body's natural balance of hormones***
- **Balancing for excess tissue build up and water retention from kapha imbalance***
- **Cleansing and detoxifying for a woman's reproductive system***

Commentary:

Women's Cycle Ease is made with traditional Ayurvedic herbs that address the kapha-pitta type of menstrual cycle, in which a woman's normal cycle may occasionally experience a heavier flow, a shorter gap between cycles, bloating, fatigue and discomfort. This blend of 11 herbs supports appropriate water balance during your cycle while having a cleansing and detoxifying effect on the female reproductive system. Using targeted herbs like ashoka and vidari, this formula supports the body's natural balance of female hormones, while also supporting the entire endocrine system and metabolism with warming herbs like cinnamon and chitrak. Manjista and turmeric cleanse the blood, and herbs like kanchanar, guggulu and boswellia help maintain healthy uterine and ovarian cells and tissues. Together, the herbs in this tablet have a powerful balancing impact on a kapha-pitta menstrual cycle.*

Ingredients: Each tablet contains Punarnava root⁺, Ashoka bark⁺, Cinnamon bark⁺, Boswellia resin⁺, Chitrak root⁺, Kutki root, Manjista root⁺, Kanchanar bark⁺, Guggulu resin⁺, Turmeric root⁺, Vidari Kanda root⁺ Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

*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.

#1351
(1 BOTTLE)
$19.95

photos: gokshura fruit, musta plant

Women's Cycle Nourish

Balancing Formula for a Vata Menstrual Cycle*
500 mg tablets, 90 per bottle

- **Supports women with limited menstrual flow, interrupted regularity, and discomfort with menses***
- **Nourishing and strengthening for women's reproductive systems***
- **Dispels and grounds vata***
- **Supports the body's natural hormonal balance***

Commentary:

Women's Cycle Nourish is made with traditional Ayurvedic herbs that address the vata type of menstrual cycle, in which a woman's normal cycle may occasionally experience a limited amount of flow, an interruption in the regularity of the cycle, and aches in the lower abdomen and back. Imbalanced vata has the potential to disturb appropriate downward flow, while also bringing the cold, dry qualities to a woman's reproductive system and creating cramping type discomfort. Gokshura helps pacify vata while ashwagandha brings the grounding and rejuvenating qualities that vata needs. Shatavari and vidari provide nourishment for the women's reproductive system, bringing strength and supporting the body's natural balance of hormones. And the formula is rounded out by the warming nature of the three herbs found in trikatu as well as the soothing qualities of musta and pushkaramula which help to ease your discomfort so that you can rest as your body undergoes its natural monthly cleansing ritual.*

Ingredients: Each tablet contains Shatavari root⁺, Gokshura fruit⁺, Musta root⁺, Vidari Kanda root⁺, Ashwagandha root⁺, Elecampane root⁺, Black Pepper fruit⁺, Ginger root⁺, Pippali fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

Support for a Healthy Menopause and Beyond

Ambassador, Pamela Quinn, Founder of Elemental OM

Women's Natural Transition

Support for a Healthy Menopause and Beyond*
500 mg tablets, 90 per bottle

- Supports body's natural balance of female hormones, specifically during menopause*
- Cools and calms excess heat in the body*
- Rejuvenates the mind, memory, and concentration*
- Promotes subtle emotions of courage, love, and acceptance*

#1361
(1 BOTTLE)
$19.95

photos: vidari root, shankhapushpi flower

Commentary:

Women's Natural Transition is formulated with the most potent Ayurvedic herbs for supporting a woman's natural transition through menopause. As the body, mind, and spirit undergo this major life shift, Natural Transition supports the systems that need it most, not only during menopause, but also for the time leading up to it, and even afterwards. Bringing nourishment and balance to the female reproductive system and hormones, shatavari and vidari form the foundation of this formula; together with ashwagandha, they rejuvenate and mitigate the effects of stress on the body and ground vata. Ushira and guduchi bring cooling and refreshing calm to any excess heat in the body, while brahmi (gotu kola) and shankapushpi refresh the mind, memory, and concentration. Natural Transition also works to cleanse toxins from the system, bringing energy and clarity. And finally, this formula includes arjuna, a tonic to support the physical heart as well as the emotional heart, subtly calling forth the qualities of love and strength, which are integral during transitions and new life chapters.*

Ingredients: Each tablet contains Shatavari root⁺, Vidari Kanda root⁺, Ashwagandha root⁺, Vetiver root⁺, Brahmi/Gotu Kola leaf⁺, Shankhapushpi herb⁺, Arjuna bark⁺, Guduchi stem⁺, Guggulu resin⁺, Amalaki fruit⁺, Haritaki fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: arjuna bark, ashwagandha plant

#1381
(1 BOTTLE)
$19.95

Healthy Bones

Daily Support for Bone Health*
500 mg tablets, 90 per bottle

- Strengthens and rejuvenates bone tissue*
- Supports healthy bone density*
- Helps maintain balanced vata*

Commentary:

Healthy Bones brings you the benefits of natural coral calcium with the added fortification of powerful Ayurvedic herbs traditionally used in Ayurveda to strengthen and rejuvenate the bones. Beneficial to young growing bones as well as aging bone tissue, the herbs in this formula help maintain healthy bone density while gently kindling the digestive fire to support the body's natural toxin cleansing ability. Vata, which can disturb bones when imbalanced, particularly in the later years of life, is also balanced and grounded by the warm nourishing herbs in this blend.*

Ingredients: Each tablet contains Coral (Caribbean, above-sea harvested), Arjuna bark⁺, Ashwagandha root⁺, Ginger root⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

Breast Care Balm

With Tulsi & Palmarosa

#3571
(4 OZ JAR)
$19.95

- Massage aid for regular breast care
- Soothing and comforting formula
- Balancing for all doshas

Commentary:

Regular breast massage is an important preventative practice for any woman actively caring for her long-term health. Self-massage is an ideal way to be familiar with your breasts and recognize any changes as they occur. In addition, massage stimulates the lymphatic system and improves circulation, helping to facilitate the release of any stagnation. This new formulation was born out of the request from a thriving women's health clinic that wanted a tridoshic breast balm that could be used by all types of women in support of regular breast self-examination. Transform this healthy practice into a delightful gift to yourself offered with the love and respect that every woman deserves. This formulation is less building and more soothing and comforting than our original Breast Balm (now Beauty Balm) and is well suited for women that may be experiencing fibrocystic breast changes and the associated pain, tenderness and lumpiness.

Beauty Balm

With Shatavari & Rose Geranium

#3581
(4 OZ JAR)
$21.95

- Moisturizes and softens the skin
- Firms and rejuvenates the tissues
- Nourishing and building formula

Commentary:

Our original beloved "Breast Balm" has been renamed "Beauty Balm". Over the years we have been delighted by the creative uses our customers have come up with for this powerfully nourishing formulation. In addition to self-breast massage, women have reported using it as a skin cream, eye cream, hand cream, lip balm, and a general moisturizer for everything from elbows and knees to cuticles. Basically it's become the go to balm for anything that's dry or sags. We felt that with all these multifaceted gifts to offer, it deserved a less limiting name. Have fun with Beauty Balm and use it wherever your body can benefit from this heavenly rejuvenating concoction.

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Banyan Co-founder, Kevin

Men's Support

Promotes Vitality, Strength & Proper Function of the Male Reproductive System* | 500 mg tablets, 90 per bottle

- Rejuvenates and strengthens the male reproductive system*
- Supports proper prostate size and function*
- Promotes healthy libido*
- Supports healthy erectile function*

Commentary:

Men's Support is a rejuvenating formula for the male reproductive system. This nourishing blend helps maintain a healthy prostate and supports the normal uncongested flow of urine. It tones and strengthens the muscles while boosting stamina and energizing the system. Men's Support also contains aphrodisiac herbs that are traditionally used in Ayurveda to support healthy erectile function and virility, and to enhance sexual performance.*

Ingredients:

Each tablet contains Gokshura fruit⁺, Ashwagandha root⁺, Kapikacchu seed⁺, Saw Palmetto berry⁺, Vidari Kanda root⁺, Amalaki fruit⁺, Licorice root⁺, Guggulu resin*, Pippali fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

#1131
(1 BOTTLE)
$19.95

photos: gokshura flowers, kapikacchu flowers

photos: chitrak root, vidanga plant

#1151
(1 BOTTLE)
$19.95

#3521
(4 OZ JAR)
$21.95

Trim Support

Supports Proper Metabolic Function & Weight Management*
500 mg tablets, 90 per bottle

- Supports proper metabolism*
- Helps control weight and reduces excess kapha*
- Maintains healthy digestion and absorption*
- Promotes elimination of natural toxins*

Commentary:

Trim Support gently detoxifies the body, supporting proper nutrition and metabolic function. Improperly digested food creates toxins that coat the digestive tract, inhibiting absorption and leading to the accumulation of fat in the tissues. Trim Support gently scrapes these toxins from the system while enkindling the digestive fire, allowing proper digestion, absorption and assimilation. When combined with exercise and proper diet, Trim Support can help one achieve optimal weight. Excess kapha in the form of fat and water can be successfully reduced as Trim Support works to support the pancreatic, splenic, hepatic and renal functions. Strengthening and cleansing these organs helps maintain a healthy metabolism and regular elimination. In addition, cravings may be tempered, as the body receives the deeper nourishment it needs from proper absorption and assimilation of nutrients.*

Ingredients: Each tablet contains Punarnava root⁺, Chitrak root⁺, Vidanga fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Amalaki fruit⁺, Guggulu resin⁺, Musta root⁺, Brahmi leaf⁺, Ginger root⁺, Pippali fruit⁺, Black Pepper fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

Trim Balm

With Chitrak and Guggulu

- Massage aid to use as part of a weight management program
- Smoothes and tones the skin for a beautiful appearance
- Supports firm and supple tissue
- Made with traditional Ayurvedic herbs to harmonize kapha

Commentary:

A weight management program that includes regular exercise and a healthy diet can be further enhanced with daily self-massage. Massaging the thighs, buttocks, abdomen and other areas where excess weight accumulates helps to improve circulation, increase metabolism and stimulate the lymphatic system. Applied during massage, Trim Balm delivers kapha-balancing herbs directly through the skin, aiding in cleansing and toning the tissues. In a base of sesame, sunflower and almond oils, this invigorating blend moisturizes and firms the skin while nourishing and strengthening the tissues with powerful herbs like triphala, bhumyamalaki and ginger.

Ingredients: Sesame Oil⁺, Sunflower Oil⁺, Almond Oil⁺, Beeswax⁺, Punarnava root⁺, Chitrak root⁺, Musta root⁺, Guggulu resin⁺, Bhumyamalaki herb⁺, Manjista root⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Pippali fruit⁺, Ginger root⁺, Black Pepper fruit⁺, Rosemary leaf⁺, Eucalyptus essential oil⁺, Lavendin essential oil⁺, Clary sage essential oil⁺

⁺Certified organic

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Erin J., Banyan's Wholesale Manager

#1271
(1 BOTTLE)
$19.95

photos: passion-flower, chamomile flowers

I Sleep Soundly

Promotes Sound, Restful Sleep* | 500 mg tablets, 90 per bottle

- Supports natural, healthy sleep*
- Helps release tension from the muscles*
- Soothes the nerves and calms the mind*
- Promotes revitalization during sleep*

Commentary:

In order to experience a deep, restful sleep the body must be fully relaxed and the mind calm. 'I Sleep Soundly' contains natural muscle relaxants that help release the accumulated tension from a stressful day. In addition, the herbs also have a subtle, soothing effect on the mind that helps to ease the mental restlessness that can keep one tossing and turning throughout the night. Containing natural sleep promoters like chamomile and skullcap, 'I Sleep Soundly' provides a deep sense of relaxation and calm that allows for a sound, healthy repose. As you rest, rejuvenating herbs like ashwagandha work to restore and revitalize the body and mind. Since 'I Sleep Soundly' works to support the body's natural sleep process, you awaken feeling rested, refreshed and full of vitality.*

Ingredients: Each tablet contains Bhringaraj leaf⁺, Valerian root⁺, Skullcap herb⁺, Passionflower herb⁺, Guduchi stem⁺, Chamomile flower⁺, Ashwagandha root⁺, Vidari Kanda root⁺, Fennel seed⁺, Pippali fruit⁺, Nutmeg seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

Sleep Easy Oil

For hundreds of years, herbal oils have been used in Ayurveda to promote sound sleep. This calming formula contains soothing and grounding Ayurvedic herbs along with jasmine and chamomile flowers in a luxurious base of sesame, coconut, sunflower and olive oils. Before bed, apply Sleep Easy Oil to the temples, solar plexus and soles of the feet for a night of deep and restful slumber.

#3483	4 fl oz:	$12.95
#3485	12 fl oz:	$25.95
#3481	34 fl oz:	$47.95
#3482	128 fl oz:	$136.00

photos: brahmi plant, bacopa flower

#1091
(1 BOTTLE)
$19.95

Mental Clarity

Promotes Memory and Intelligence*
500 mg tablets, 90 per bottle

- **Supports optimal performance of the brain and nervous system***
- **Promotes memory and recall***
- **Helps maintain focus and attention***
- **Helps foster clarity and decisiveness***

Commentary:

The herbs in Mental Clarity have traditionally been used to support all aspects of mental performance, including memory, concentration and learning capacity. This effective blend helps sharpen the mind and is useful for those prone to forgetfulness, confusion or indecisiveness. Mental Clarity is an ideal supplement for students, seniors and anyone with a mentally demanding workload.*

Ingredients: Each tablet contains Brahmi leaf⁺, Bacopa herb⁺, Bhringaraj leaf⁺, Passionflower herb⁺, Shankhapushpi herb⁺, Ashwagandha root⁺, Vidari Kanda root⁺, Skullcap herb⁺, Pippali fruit⁺, Nutmeg seed⁺, Cardamom seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: bhringaraj flower, fennel plant

#1101
(1 BOTTLE)
$19.95

Tranquil Mind

Promotes Mental Calmness and Well-being*
500 mg tablets, 90 per bottle

- **Calms the mind without causing drowsiness***
- **Supports composure and equanimity***
- **Enhances sense of peace and well-being***
- **Pacifies excess vata in the nervous system***

Commentary:

Day-to-day stress from a hectic lifestyle may provoke vata in the mind and lead to mental agitation and nervousness. Tranquil Mind is carefully formulated to soothe and calm the nerves without creating dullness or lethargy. This synergistic blend of herbs balances mental activity, releases excess vata and helps maintain a natural state of peace and well-being.*

Ingredients: Each tablet contains Bhringaraj leaf⁺, Skullcap herb⁺, Passionflower herb⁺, Guduchi stem⁺, Chamomile flower⁺, Brahmi leaf⁺, Ashwagandha root⁺, Vidari Kanda root⁺, Fennel seed⁺, Pippali fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

*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.

Radiant Skin
from the Inside Out

Ambassador, Alicia Diaz, Founder of Ayurveda with Alicia

HealThy Skin

Natural Support for Clear & Radiant Skin*
500 mg tablets, 90 per bottle

#1341
(1 BOTTLE)
$19.95

photos: anantamul plant, turmeric powder

- **Supports healthy, radiant skin from within***
- **Promotes a clear complexion and a smooth appearance of the skin***
- **Soothes excess heat and pitta in the body***
- **Supports the body's natural ability to cleanse and remove toxins***

Commentary:
HealThy Skin formula blends nine of the most powerful Ayurvedic herbs for skin health, creating a formula that supports healthy skin from within. Clear, radiant skin requires proper nutrition, hydration, and oleation. Toxins, excess heat, and inadequate nourishment can all contribute to skin issues. The cleansing herbs in HealThy Skin support the body's natural ability to remove toxins from the blood, lymph and liver. Simultaneously, pitta-soothing herbs help relieve excess heat and calm irritable skin. The nourishing herbs in this formula also promote rejuvenation of the skin cells and support the skin's natural healing process. The skin is a mirror for how things are inside the body. The cleansing and rejuvenating herbs of HealThy Skin beautify the inside to give you vibrant, glowing skin on the outside.*

Ingredients: Each tablet contains Anantamul root⁺, Manjista root⁺, Neem leaf⁺, Turmeric root⁺, Brahmi/Gotu Kola leaf⁺, Guduchi stem⁺, Bhumyamalaki herb⁺, Amalaki fruit⁺, Licorice root⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: manjista leaf, neem leaves

#1211
(1 BOTTLE)
$19.95

Blood Cleanse

Detoxification and Support for Healthy Blood*
500 mg tablets, 90 per bottle

- Supports healthy skin and a clear complexion*
- Promotes circulation and proper function of the liver*
- Removes excess heat from the body*

Commentary:

Blood Cleanse is a blend of five powerful blood purifiers that remove natural toxins from the blood, lymph and liver, supporting vibrant, healthy skin. According to Ayurveda, healthy skin is maintained by regular detoxification of the blood. It is not uncommon for improperly digested food, cellular waste and other toxins to accumulate in the blood. The body naturally seeks to rid itself of these toxins through the GI tract. However, when the system becomes overloaded the skin can also act as an organ of elimination. Blood Cleanse helps the body detoxify with herbs that purify the blood and encourage elimination by way of the GI tract. These herbs also work to remove excess pitta and to support the skin's natural healing process.*

Ingredients: Each tablet contains Manjista root⁺, Neem leaf⁺, Turmeric root⁺, Guduchi stem⁺, Burdock root⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

#3541
(4 OZ JAR)
$19.95

Soothing Skin Balm

With Neem and Vetiver

- Replenishes the skin and promotes the natural rejuvenation process
- Made with herbs traditionally used to calm pitta and renew healthy skin
- Saturates and soothes the tissues

Commentary:

The body eliminates natural toxins through the skin. In Ayurveda, when excess pitta is present in the system, the skin can become imbalanced. Soothing Skin Balm helps soothe the skin by supporting the natural rejuvenation process. Cooling and drying herbs like neem and manjista, along with the sweet scent of vetiver essential oil, naturally balance the hot and oily qualities of excess pitta while castor and sunflower oils gently nourish and moisturize the skin.

Ingredients: Castor Oil⁺, Sunflower Oil⁺, Beeswax⁺, Manjista root⁺, Anantamul root⁺, Guduchi stem⁺, Neem leaf⁺, Licorice root⁺, Vetiver essential oil⁺.

⁺Certified organic

Neem Oil

Organic neem in a base of organic sesame oil. The most cooling of all Ayurvedic oils. It is the best oil for pitta-related skin irritations.

#3313	4 fl oz:	$10.95
#3315	12 fl oz	$21.95
#3311	34 fl oz:	$39.95
#3312	128 fl oz:	$120.00

*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.

photos: guggulu and boswellia resins, turmeric plant

#1251
(1 BOTTLE)
$19.95

Joint Support

Maintains Healthy Function of the Joints and Muscles*
500 mg tablets, 90 per bottle

- Supports comfortable movement of the joints and muscles*
- Rejuvenates and strengthens the skeletal and neuromuscular systems*
- Cleanses natural toxins from the joint tissue*
- Removes excess vata from the joints, nerves and muscles*

Commentary:

According to Ayurveda, accumulation of natural toxins in the joints can lead to discomfort and inhibit their proper functioning. The main ingredients in Joint Support, guggulu and boswellia, have been used for hundreds of years to support joint health. These herbs are deeply-penetrating resins that detoxify, lubricate and soothe the joint tissues. Joint Support also contains nourishing, antioxidant-rich herbs that help rejuvenate the bones, cartilage and muscles.*

Ingredients: Each tablet contains Guggulu resin⁺, Boswellia resin⁺, Guduchi stem⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Vidanga fruit⁺, Ashwagandha root⁺, Turmeric root⁺, Black pepper fruit⁺, Ginger root⁺, Pippali fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

#3531
(4 OZ JAR)
$19.95

Joint Balm

With Boswellia and Guggulu

- Massage balm for joint comfort
- Soothes and lubricates the tissues
- Delivers traditional Ayurvedic herbs for joint health in an easy-to-apply formula

Commentary:

Massaging joints increases circulation and facilitates comfortable joint movement. Regular use of Joint Balm delivers a powerful blend of joint-supporting herbs directly to the area of application. Boswellia and guggulu work with herbs like ashwagandha and guduchi to rejuvenate the tissues. The sesame and castor oil base helps lubricate the joints, and massage can help move natural toxins that impair comfortable movement. This penetrating formula soothes and nourishes the tissues, supporting an active lifestyle.

Ingredients: Sesame Oil⁺, Castor Oil⁺, Beeswax⁺, Boswellia resin⁺, Guggulu resin⁺, Guduchi stem⁺, Ashwagandha root⁺, Gokshura fruit⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Ginger root⁺, Deodara essential oil, Eucalyptus essential oil⁺.

Mahanarayan Oil

For Muscles and Joints

An ancient recipe that contains thirty-three herbs in a base of certified organic sesame oil. A nourishing and strengthening oil with rejuvenating qualities, it is used to soothe occasionally sore muscles and joints and to help rehabilitate those suffering from disorders due to high vata.

#3233	4 fl oz:	$11.95
#3235	12 fl oz:	$23.95
#3231	34 fl oz:	$44.95
#3232	128 fl oz:	$136.00

photos: vidanga plant, kutaja bark

#1221
(1 BOTTLE)
$19.95

Para Cleanse

Maintains a Healthy Digestive Environment*
500 mg tablets, 90 per bottle

- Supports the GI tract in maintaining a healthy digestive environment*
- Bolsters intestinal immune function*
- Promotes the elimination of toxins*

Commentary:

Para Cleanse is a powerful cleansing formula used to maintain a healthy digestive environment. Containing bitter and pungent herbs, it deeply cleanses and detoxifies the GI tract. Para Cleanse also helps support healthy digestion and intestinal immunity when traveling abroad.*

Ingredients: Each tablet contains Vidanga fruit⁺, Neem leaf⁺, Kutaja bark⁺, Ajamoda seed⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Black Pepper fruit⁺, Ginger root⁺, Pippali fruit⁺, Garlic bulb⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: shardunika leaves, amalaki fruit

#1121
(1 BOTTLE)
$19.95

Sweet Ease

Reduces Kapha & Promotes Healthy Blood Glucose Levels*
500 mg tablets, 90 per bottle

- Supports healthy blood sugar levels already within the normal range*
- Supports proper function of the pancreas*
- Reduces excess kapha*
- Maintains healthy digestion*

Commentary:

Sweet Ease is a kapha-reducing formula created to support healthy blood sugar levels already within a normal range and the proper function of the pancreas. Shardunika, a main ingredient, is known as "the destroyer of sweet". Modern studies suggest that it helps the pancreas maintain healthy blood sugar levels by supporting the production of insulin. Along with shardunika, Sweet Ease combines other Ayurvedic herbs like neem and turmeric that have been used together for centuries to support the pancreas and to help the body digest sweet, unctuous and heavy substances. This formula also bolsters the immune system while toning the urinary tract and supporting healthy urination.*

Ingredients: Each tablet contains Guduchi stem⁺, Amalaki fruit⁺, Shardunika leaf⁺, Turmeric root⁺, Arjuna bark⁺, Neem leaf⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

*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.

photos: gokshura fruit, dried guduchi stem pieces

#1171
(1 BOTTLE)
$19.95

Kidney Formula

Supports Proper Function of the Kidneys and Adrenals*
500 mg tablets, 90 per bottle

- Strengthens and rejuvenates the kidneys and adrenals*
- Supports healthy urinary composition and flow*
- Soothes and tones the urinary tract*

Commentary:

Kidney Formula is a rejuvenating tonic for the kidneys and adrenals. It supports healthy urinary flow and composition, assisting in the natural cleansing of the blood. This energizing combination of herbs supports a healthy, unobstructed urinary tract and works to cool and soothe the entire urinary system. Stress and natural toxins from food and the environment can be challenging to the kidneys and adrenals over time, causing low energy and fatigue. Kidney Formula cleanses and nourishes these organs, infusing strength and improving resilience to such challenges.*

Ingredients: Each tablet contains Gokshura fruit⁺, Punarnava root⁺, Guduchi stem⁺, Manjista root⁺, Musta root⁺, Anantamul root⁺, Passionflower herb⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Coriander seed⁺, Fennel seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: freshly chopped arjuna bark, hawthorn berries

#1161
(1 BOTTLE)
$19.95

Heart Formula

Supports Proper Function of the Heart*
500 mg tablets, 90 per bottle

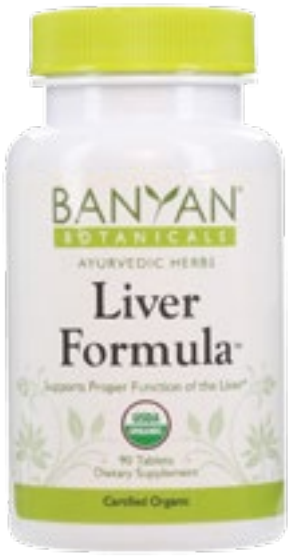
- Supports healthy function of the heart and circulatory system*
- Supports healthy cholesterol levels that are already in the normal range*
- Enhances sense of well-being*

Commentary:

Heart Formula is a rejuvenating combination of herbs that promotes the proper function of the heart and circulatory system. As a cardiac tonic, Heart Formula nourishes and strengthens the heart muscle, thereby supporting blood circulation and a healthy supply of oxygen to the system. Ingredients such as hawthorn berry and guggulu promote healthy cholesterol levels that are already in the normal range, and aid in detoxifying and cleansing the circulatory channels. According to Ayurveda, maintaining a healthy heart has an emotional component that involves letting go of fear, anxiety and other repressed emotions. Heart Formula, taken in conjunction with the practice of yoga and meditation, may help release these emotions while calming and soothing the heart. Its main ingredient, arjuna, is a powerful rejuvenative that has been used as an all-around heart tonic for hundreds of years.*

Ingredients: Each tablet contains Arjuna bark⁺, Punarnava root⁺, Guduchi stem⁺, Hawthorn berry⁺, Brahmi leaf⁺, Amalaki fruit⁺, Bibhitaki fruit⁺, Haritaki fruit⁺, Guggulu resin⁺, Pippali fruit⁺, Ginger root⁺, Cardamom seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic



photos: bhumy-amalaki plants, kalmegh leaves

#1181
(1 BOTTLE)
$19.95

Liver Formula

Supports Proper Function of the Liver*
500 mg tablets, 90 per bottle

- Strengthens and rejuvenates the liver and gallbladder*
- Supports healthy elimination of natural toxins*
- Promotes healthy digestion and assimilation*
- Reduces excess pitta*

Commentary:

Liver Formula is an excellent detoxifier and rejuvenative for the liver. A powerful combination of bitter herbs act as natural purgatives that cleanse the liver of accumulated natural toxins. This energetically cooling formula pacifies pitta and helps support the healthy production of bile. These herbs nourish and strengthen the liver tissues, promoting proper digestion of fat and a healthy metabolism. Liver Formula supports optimal liver function, which is an important component in overall health and well-being.*

Ingredients: Each tablet contains Bhumyamalaki herb+, Guduchi stem+, Kalmegh herb+, Bhringaraj leaf+, Punarnava root+, Manjista root+, Musta root+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

+Certified organic

photos: pippali fruit, tulsi plant

#1191
(1 BOTTLE)
$19.95

Lung Formula

Supports Proper Function of the Lungs*
500 mg tablets, 90 per bottle

- Strengthens and rejuvenates the respiratory system*
- Supports proper function of the immune system*
- Promotes healthy respiration*
- Reduces excess kapha in the lungs*

Commentary:

Lung Formula is a rejuvenating tonic designed to strengthen and support the respiratory system. This synergistic blend of herbs nourishes the lung tissue and bolsters the body's natural defenses. It is very useful for removing excess kapha from the lungs and sinuses. Containing bitter and pungent herbs with a specific affinity for the lungs, Lung Formula cleanses the respiratory tract and supports clear and comfortable breathing. The ingredient pippali supports the body's natural production of hemoglobin, and thus a rich supply of oxygen to the body. Lung Formula supports the proper dilation of the bronchial tubes, and soothes and relaxes the muscles and tissues in the chest region.*

Ingredients: Each tablet contains Licorice root+, Cane Sugar+, Pippali fruit+, Elecampane root+, Vasaka leaf+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Tulsi leaf+, Cardamom seed+, Cinnamon bark+. Other ingredients, from natural sources: organinc maltodextrin, silicon dioxide.

+Certified organic

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photos: ashwagandha plant, dried ashwagandha roots

#1021
(1 BOTTLE)
$19.95

Ashwagandha

Rejuvenative for Vata and Kapha that Promotes Vitality and Strength* | 500 mg tablets, 90 per bottle

- Increases energy and vitality*
- General adaptogen for combating stress*
- Assists in calming the mind and promotes restful sleep*
- Supports proper function of the adrenals*

Commentary:

Ashwagandha is one of the most highly regarded and commonly used adaptogens in the Ayurvedic pharmacopoeia. Maximizing the body's ability to resist stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, restful sleep at night. It is considered one of the best herbs for calming vata and for revitalizing the male reproductive system. Used by both men and women, it maintains proper nourishment of the tissues, particularly muscle and bone, while supporting proper function of the adrenals. This potent herb is used to promote muscle strength and to support comfortable joint movement. It is also used to maintain a healthy libido, for it is said to bestow upon its user the vitality and strength of a horse. As a rejuvenative, Ashwagandha is particularly useful to seniors and for anyone that would benefit from a nourishing, natural source of energy.*

Ingredients: Each tablet contains Ashwagandha root⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: fresh amalaki fruit, dried amalaki fruit with seed

#1031
(1 BOTTLE)
$17.95

Amalaki

Detoxification & Rejuvenation for Pitta* 500 mg tablets, 90 per bottle

- Removes excess pitta from the system*
- Assists natural internal cleansing and maintains regularity*
- Stimulates digestive fire without aggravating pitta*
- Natural antioxidant*

Commentary:

As one of the three ingredients in the Ayurvedic super formula Triphala, Amalaki is a potent rejuvenative that nourishes the tissues and gently removes natural toxins. It is generally taken in place of Triphala by those with excess heat in the digestive tract. Amalaki's cooling action removes excess pitta from the GI tract, supporting a healthy stomach lining and the proper function of digestive acids. It also cleanses the colon, eliminating excess toxins and heat while supporting healthy bowel movements. Amalaki is a highly concentrated source of antioxidants and is deeply nourishing to the bodily tissues. It promotes healthy eyes, bones, blood, teeth, hair and nails while supporting the proper function of the liver, spleen, pancreas, heart and lungs.*

Ingredients: Each tablet contains Amalaki fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: haritaki fruit, freshly harvested fruits

#1041
(1 BOTTLE)
$17.95

Haritaki

Detoxification & Rejuvenation for Vata*
500 mg tablets, 90 per bottle

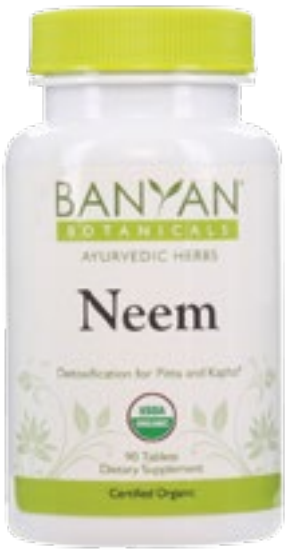
- Removes excess vata from the system*
- Assists natural internal cleansing*
- Supports healthy elimination and maintains regularity*
- Nourishes and rejuvenates the tissues*

Commentary:

As one of the three ingredients in Triphala, Haritaki is considered to be one of the best herbs for balancing vata dosha. Supporting the body's natural cleansing process, it gently removes accumulated natural toxins in the gastrointestinal tract. As a rejuvenative, it strengthens and nourishes the tissues and supports the proper function of the colon, lungs, liver and spleen. Haritaki is traditionally used to address all vata-related imbalances. It maintains regular elimination, helps promote healthy body mass, and supports comfortable and complete digestion. Haritaki is highly revered in India, as it is believed to increase energy, intelligence and awareness.*

Ingredients: Each tablet contains Haritaki fruit†. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

†Certified organic



photos: neem leaves, neem tree

#1231
(1 BOTTLE)
$17.95

Neem

Detoxification for Pitta and Kapha*
500 mg tablets, 90 per bottle

- Maintains healthy skin*
- Detoxifies the liver and blood*
- Removes excess pitta and kapha from the system*

Commentary:

Neem is widely used in Ayurveda because of its effectiveness in dealing with nearly all types of pitta and kapha imbalances. Bitter and very cooling, it is usually combined with other herbs to offset its vata-aggravating qualities. Neem has traditionally been used to purify the blood, cleanse the liver and support the immune system. It is also commonly used to support healthy skin and to maintain healthy blood glucose levels already within the normal range.*

Ingredients: Each tablet contains Neem leaf†. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

†Certified organic

*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.

photos: shatavari plant, dried shatavari root

#1011
(1 BOTTLE)
$19.95

Shatavari

Rejuvenative for Vata & Pitta that Promotes Vitality and Strength* | 500 mg tablets, 90 per bottle

- Maintains a healthy female reproductive system*
- Supports healthy lactation*
- Supports fertility and a healthy libido*
- Nourishing tonic for women and men*

Commentary:

Shatavari is a rejuvenating herb that cools the body and strengthens and nourishes the tissues. Traditionally used to maintain the healthy production of female hormones, Shatavari may be translated as "100 spouses," implying its role in promoting fertility and vitality. As a nutritive tonic it encourages the healthy production of milk in lactating mothers and the healthy production of semen in would-be fathers. It is also useful for supporting the menopausal transition. Shatavari supports a healthy immune system and assists in both physical and mental digestion. Its unctuous quality soothes and nurtures membranes of the lungs, stomach, kidneys and reproductive organs.*

Ingredients: Each tablet contains Shatavari root†. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

†Certified organic

photos: dried turmeric root, freshly harvested turmeric

#1281
(1 BOTTLE)
$19.95

Turmeric

Supports Digestion and Overall Health and Well-Being* 500 mg tablets, 90 per bottle

- Cleanses the blood and promotes healthy skin*
- Strengthens digestion and promotes healthy intestinal flora*
- Supports healthy blood glucose levels that are already within the normal range*
- Supports comfortable movement of the joints*

Commentary:

This golden yellow spice, commonly used as a powder to flavor Asian dishes, now offers its broad range of beneficial properties in tablet form. Turmeric's vast health-promoting effects have become the topic of study in many universities and labs. It bolsters the immune system and brain, purifies the blood, and promotes clear, healthy skin. Turmeric strengthens digestion and eliminates natural toxins from the GI tract. It supports proper function of the pancreas, reduces kapha and supports healthy blood levels that are already within the normal range. Turmeric soothes and nourishes the joint tissue and promotes comfortable movement. An excellent herb for those with kapha constitutions or imbalances. Turmeric supports proper function of the heart and helps clear the srotas (subtle channels). *

Ingredients: Each tablet contains Turmeric root†. Other ingredients, from natural sources: organic maltodextrin, organic lac resin, silicon dioxide.

†Certified organic

*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.

Embody Your True Potential

The Ayuvedic Path to Optimal Health Begins with Knowing your Constitution

Have you ever longed for a straightforward map illuminating the elusive path to vibrant health, meaningful purpose, and an enduring sense of peace, contentment, and joy? Look no further. Ayurveda literally means, 'knowledge of life' and the scope of the Ayurvedic tradition is truly no less encompassing. While it is thought to be over 5000 years old, Ayurveda remains as relevant as ever – and it is enlivened every day as individuals around the world engage its timeless wisdom in their own lives.

Embracing the Individual

Ayurveda is rooted in the idea that each of us is born with a completely personal blueprint for optimum health. From birth onward, it is this reference point – your constitution – that, in many ways, defines who you are. No two constitutions are exactly alike. Therefore, no two human beings can have precisely the same expression of ideal health.

Your constitution, which is inherently unique to you, goes hand in hand with a similarly personal set of vulnerabilities. Together, they provide an invaluable context from which to consider the sum total of your life experience. In other words, the underlying framework is just as critical to understanding your current state of health as any imbalances affecting your system. A seasoned Ayurvedic practitioner uses all of this information to identify the root of any departure from one's natural state of equilibrium, and to determine how balance might be restored.

In this way, Ayurveda is a remarkably individualized system of medicine. But it is so much more than that. It is an unequivocally holistic tradition intended to help each of us sync up with our truest inner nature, honor and develop our strengths, hone in on our challenge areas, redirect detrimental tendencies, and offer real support wherever it's needed – so that we can better maintain balance in the face of adversity. This is about more than avoiding disease; it is about claiming and celebrating our capacity for a fully embodied sense of well-being.

Defining Health

The Sanskrit word for health, svastha, describes an authentically harmonious interaction of many parts within the whole – such that the mind, soul, and senses are infused with an abiding sense of Self, wellness, and even bliss. Achieving this quality of life may seem a lofty ambition, especially when human beings throughout the world are riddled with stress, anxiety, and chronic disease. But Ayurveda provides us with a treasure chest of elegant and insightful tools that can be used to assess the degree of discord (no matter how slight or severe), determine its root, and ultimately, reclaim balance in our lives.

To read more about the tools for finding balance and embodying optimal health, go to www.banyanbotanicals.com/optimalhealth.

Maggie, Banyan Customer Service Rep and Social Media Specialist

Balancing Vata

Excess vata can send us into a tailspin of worry, fear, constriction, and associated physical disturbances. If you are tall and slender, creative, gregarious, excitable and yet somewhat non-committal, chances are that vata is one of your predominant doshas. If this is the case, you already have a lot of vata in your system and may be somewhat predisposed to vata aggravation. But like increases like, so any number of other influences can also trigger excess vata: a lifestyle characterized by over activity, stimulation, busyness and stress; major life transitions; a change of seasons; or vata season itself (typically fall and winter). If you are over 50 years of age, you should also consider that you are in the vata stage of life, and that vata tends to increase as we age. Whatever the case, vata-pacifying oils and herbal formulas can be deeply supportive. Vata will also respond well to warm, nourishing foods, rest, a sense of routine, and practices that are both grounding and calming. For more information on how to balance vata, please visit our website.

Vata Massage Oil

This naturally scented oil is a synergistic blend of nine herbs, including ashwagandha, bala and passionflower. These certified organic herbs act to nourish and ground vata, supporting vitality and vigor. Vata Massage Oil is made from a base of organic sesame and olive oils. These oils, as part of a daily massage routine, warm and lubricate the delicate vata system. Ayurveda highly recommends a daily self-massage to restore calm and provide strength.

#3353	4 fl oz:	$10.95
#3355	12 fl oz.	$21.95
#3351	34 fl oz:	$39.95
#3352	128 fl oz:	$120.00

photos: ashwagandha flower, kappikacchu seeds

#1311
(1 BOTTLE)
$19.95

Healthy Vata

Balancing Formula for Vata*
500 mg tablets, 90 per bottle

- Removes excess vata from the system*
- Restores and maintains balanced vata*
- For vata constitutions and imbalances*
- Supports overall health and well-being*

Commentary:

Healthy Vata is a rejuvenating blend of herbs formulated specifically to balance vata dosha without aggravating pitta or kapha. It may be used year-round by those with vata constitutions to support overall health and well-being. Healthy Vata may also be used by any constitutional type that is experiencing a temporary vata imbalance. For those with a dual constitution that includes vata, or a tridoshic constitution, it is an excellent formula for vata season, which in most parts of the world is autumn and early winter. This time of year tends to be cool, windy and dry—all qualities that can aggravate vata. Healthy Vata contains herbs that help the system remain balanced throughout the season. Vata also naturally increases as we age, so Healthy Vata makes an excellent formula for seniors experiencing what Ayurveda calls "the vata stage of life".*

Ingredients: Each tablet contains Ashwagandha root†, Shatavari root†, Vidari Kanda root†, Brahmi leaf†, Guduchi stem†, Kapikacchu seed†, Cardamom seed†, Pippali fruit†. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

†Certified organic

photos: black cumin seed, ginger root and powder

#1071
(1 BOTTLE)
$18.95

Vata Digest

Digestion Formula for Vata*
500 mg tablets, 90 per bottle

- Promotes healthy digestion*
- Calms excess vata in the GI tract, promoting intestinal calm and comfort*
- Supports proper assimilation and absorption*
- Helps maintain regularity*

Commentary:

Vata Digest is the classical Ayurvedic formula known as Hingvastak. This vata-soothing combination of herbs supports the entire digestive process and is especially useful for those with vata predominant constitutions or vata digestive imbalances. Vata is cold, light and dry—qualities that in excess can inhibit proper digestive function and create discomfort. Vata Digest contains herbs that are heating, grounding and oily. They effectively counter the opposing vata qualities, creating balance. Vata Digest's heating quality enkindles the digestive fire, stimulates a healthy appetite and helps ensure that nutrients are properly absorbed and assimilated. Its grounding quality helps calm the excessive air movement in the system that is characteristic of vata. The oily quality of the herbs supports the natural lubrication of the intestines, assisting in thorough and healthy elimination.*

Ingredients: Each tablet contains Cumin seed†, Ajamoda seed†, Black Cumin seed†, Ginger root†, Black Pepper fruit†, Pippali fruit†, Mineral Salt, Asafoetida resin, Fenugreek seed†. Other ingredients, from natural sources: organic maltodextrin, organic lac resin, silicon dioxide.

†Certified organic

*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.

Alicia Diaz, Author of the Cookbook "Eating for Energy"

Balancing Pitta

Too much pitta can ravage the system with burning heat, fiery emotions, and an overactive metabolism. Our predominant doshas are usually more easily aggravated than others, so balancing pitta may be especially important if you are of medium build, intellectually driven, ambitious, charismatic, sharply focused, or a bit hotheaded, on occasion. Whatever your constitution, pitta is easily provoked by intense heat, anger, exceptionally spicy foods, prolonged sun exposure, and challenging intellectual pursuits. Pitta season (usually late spring and summer) can also push pitta over its normal threshold. Or, you may be in the pitta stage of life, which is middle adulthood – from 16 until about 50 years of age. This phase of our lives tends to be defined by our ambitions, often revolves around career, and can require an intense amount of focus – all potentially pitta aggravating. But fear not; these oils and herbal formulas designed to calm pitta can be incredibly soothing. In addition, do your best to stay physically cool, keep a cool head, enjoy cooling foods and spices, and practice relaxed effort in all of your activities – especially exercise. Please visit our website for more information on how to balance pitta.

Pitta Massage Oil

This soothing oil is a cooling blend of nine organic herbs, including brahmi, guduchi and manjista, in a base of organic sesame and sunflower oils. These herbs are traditionally used in Ayurveda to address pitta, removing excess heat while relaxing the tension associated with pitta. A daily self-massage benefits the skin, supports healthy circulation and helps move toxins out of the system. Experience the calming and soothing benefits of this ancient ritual.

#3363	4 fl oz:	$10.95
#3365	12 fl oz.	$21.95
#3361	34 fl oz:	$39.95
#3362	128 fl oz:	$120.00

photos: brahmi leaf, dried manjista root

#1321
(1 BOTTLE)
$19.95

Healthy Pitta

Balancing Formula for Pitta*
500 mg tablets, 90 per bottle

- Removes excess pitta from the system*
- Restores and maintains balanced pitta*
- For pitta constitutions and imbalances*
- Supports overall health and well-being*

Commentary:

Healthy Pitta is a soothing blend of herbs formulated specifically to balance pitta dosha without aggravating vata or kapha. It may be used year-round by those with pitta constitutions to support overall health and well-being. Healthy Pitta may also be used by any constitutional type that is experiencing a temporary pitta imbalance. For those with a dual constitution that includes pitta, or a tridoshic constitution, it is an excellent formula for pitta season, which in most parts of the world is summer. The heat and brightness of summer tends to aggravate pitta. Healthy Pitta contains herbs that cool the system, helping the body to remain healthy throughout the season. According to Ayurveda, middle age is the pitta stage of life, a time when responsibilities, stress and the intensity of daily life can be at their peak and further provoke pitta. Healthy Pitta helps calm the mind, soothe fiery emotions and support a cooler, more balanced temperament.*

Ingredients: Each tablet contains Brahmi leaf⁺, Bhringaraj leaf⁺, Guduchi stem⁺, Shatavari root⁺, Manjista root⁺, Bhumyamalaki herb⁺, Fennel seed⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

photos: fennel seeds, coriander flowers

#1081
(1 BOTTLE)
$19.95

Pitta Digest

Digestion Formula for Pitta*
500 mg tablets, 90 per bottle

- Promotes healthy digestion without aggravating pitta*
- Maintains healthy digestive acid levels and a healthy stomach lining*
- Supports a comfortable post-meal experience*

Commentary:

Pitta Digest is a dynamic combination of herbs formulated to strengthen digestion without aggravating pitta. Excess pitta causes increased heat, sharpness and oiliness in the digestive tract. These qualities aggravate and inflame the digestive fire, creating conditions which can lead to discomfort. Pitta Digest contains herbs that support healthy digestion while cooling and soothing the tissues in the GI tract.*

Ingredients: Each tablet contains Guduchi stem⁺, Amalaki fruit⁺, Cumin seed⁺, Coriander seed⁺, Fennel seed⁺, Ajamoda seed⁺, Licorice root⁺, Cardamom seed⁺, Cinnamon bark⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

*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.

Ambassador, Maria Garré, Ayurvedic Practitioner & Ayuryoga Therapist

Balancing Kapha

Aggravated kapha can weigh heavily on the mind and body – causing lethargy, sluggishness, resistance to change, and extra weight, among other things. Kapha may be especially important to keep in check if you tend to be grounded, patient, compassionate, solidly down to earth, and a bit slow or methodical in your activities – because these are all signs that kapha may have a strong presence in your constitution. But kapha can also be provoked by inactivity, excess sleep, heavy or oily foods, and kapha season (usually late winter and early spring). Even a heavy heart, or feeling like you're carrying the weight of the world on your shoulders can elevate kapha. For children in the kapha stage of life (which is from birth until about the age of 16), kapha can easily increase beyond healthy limits. Regardless of the cause, kapha-pacifying oils and herbal formulas can provide some much-needed support. A stimulating and active lifestyle, a measure of spontaneity, and a diet of light, dry foods will also benefit kapha. If you are curious about other ways to balance kapha, please visit our website.

Kapha Massage Oil

Formulated in a base of organic sesame and sunflower oils, this invigorating blend contains nine organic herbs including punarnava, chitrak, calamus and rosemary. This energizing blend of herbs is activating and mobilizing, vital for balancing kapha. Daily self-massage reduces kapha by promoting mild sweating, stimulating the circulation and cleansing the system. Experience the revitalizing and renewing benefits of Kapha Massage Oil during your daily routine.

#3373	4 fl oz:	$10.95
#3375	12 fl oz.	$21.95
#3371	34 fl oz:	$39.95
#3372	128 fl oz:	$120.00

#1331
(1 BOTTLE)
$19.95

photos: fresh bibhitaki fruit, punarnava flowers

Healthy Kapha

Balancing Formula for Kapha*
500 mg tablets, 90 per bottle

- Removes excess kapha from the system*
- Restores and maintains balanced kapha*
- For kapha constitutions and imbalances*
- Supports overall health and well-being*

Commentary:

Healthy Kapha is a rejuvenating blend of herbs formulated specifically to balance kapha dosha without aggravating vata or pitta. It may be used year-round by those with kapha constitutions to support overall health and well-being. Healthy Kapha may also be used by any constitutional type that is experiencing a temporary kapha imbalance. For those with a dual constitution that includes kapha, or a tridoshic constitution, it is an excellent formula for kapha season, which in most parts of the world is late winter and spring. This time of year tends to be cool and wet, which are qualities that can aggravate kapha. Healthy Kapha contains warming and astringent herbs that help the system remain balanced throughout the season.*

Ingredients: Each tablet contains Bibhitaki fruit⁺, Chitrak root⁺, Punarnava root⁺, Tulsi leaf⁺, Turmeric root⁺, Bhumyamalaki herb⁺, Ginger root⁺, Pippali fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

#1061
(1 BOTTLE)
$19.95

photos: black pepper fruits, freshly harvested ginger root

Kapha Digest

Digestion Formula for Kapha*
500 mg tablets, 90 per bottle

- Supports proper digestion of fat*
- Promotes a healthy metabolism*
- Reduces excess kapha*

Commentary:

Kapha Digest is the classical Ayurvedic formula known as Trikatu. 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 burn fat and natural toxins. Kapha Digest supports a healthy metabolism, allowing nutrients to be properly digested and assimilated, thus aiding in weight management when accompanied by diet and exercise. It is also a rejuvenative for kapha, supporting healthy lungs and clear breathing.*

Ingredients: Each tablet contains Pippali fruit⁺, Ginger root⁺, Black Pepper fruit⁺. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

⁺Certified organic

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Ambassador, Myra Lewin, Founder of Hale Pule Ayurveda & Yoga

Punarnavadi Guggulu

Kapha Balancing Formula for the Kidneys, Heart and Joints* | 300 mg tablets, 90 per bottle

- **Supports proper function of the urinary system***
- **Promotes the healthy elimination of fluids from the system***
- **Maintains the healthy function of the kidneys, heart and joints***

Commentary:

Punarnavadi Guggulu is a traditional Ayurvedic formula for balancing kapha in the kidneys, heart and joints. It is a powerful detoxifying and rejuvenating combination that supports the healthy elimination of liquids and helps maintain balance of the water element within the body. Its main ingredients, punarnava, triphala and trikatu are combined with guggulu to remove deep-seated kapha from the tissues. They also act to support the healthy circulation of the lymph and blood while promoting comfortable movement of the joints.*

#2041
(1 BOTTLE)
$22.95

Kaishore Guggulu

Pitta Balancing Formula for the Joints and Muscles* | 300 mg tablets, 90 per bottle

- **Supports comfortable movement of the joints and muscles***
- **Cleanses excess pitta from the musculoskeletal system***
- **Supports the healthy and proper function of the connective tissue***

Commentary:

Kaishore Guggulu is the traditional Ayurvedic formula for balancing pitta in the joints and muscles. It is a powerful detoxifying and rejuvenating combination that has a special affinity for the musculoskeletal system. Its main ingredients, guduchi, triphala and trikatu are combined with guggulu to remove deep-seated pitta from the tissues. They also act to nourish and strengthen the system, supporting the overall health and proper function of the joints and muscles.*

#2021
(1 BOTTLE)
$24.95

Yogaraj Guggulu

Vata Balancing Formula for the Joints, Nerves & Muscles* | 300 mg tablets, 90 per bottle

- **Supports comfortable movement of the joints and muscles***
- **Rejuvenates and strengthens the skeletal and neuromuscular systems***
- **Promotes healthy elimination of natural toxins***

Commentary:

Yogaraj Guggulu is the traditional Ayurvedic formula for balancing vata in the joints, nerves and muscles. It is a powerful detoxifying and rejuvenating combination that has a special affinity for the musculoskeletal system. Its main ingredients, chitrak, triphala and vidanga are combined with guggulu to remove deep-seated vata from the tissues. They also act to nourish and strengthen the system, supporting the health and proper function of the joints, nerves and muscles.*

#2071
(1 BOTTLE)
$24.95

Triphala Guggulu

Detoxification and Support for Metabolic Function* | 300 mg tablets, 90 per bottle

- **Supports healthy cholesterol levels that are already in the normal range***
- **Supports proper weight management***
- **Maintains healthy digestion and absorption***
- **Removes deep-seated natural toxins from the tissues***

Commentary:

This classic Ayurvedic preparation combines the detoxifying and rejuvenating actions of triphala with the deeply penetrating and cleansing actions of guggulu. Triphala Guggulu effectively decongests the channels of the body and scrapes away natural toxins held within the tissues. It is particularly useful for weight management as it enkindles the digestive fire, promotes healthy metabolism and releases excess kapha from the system. Used to maintain overall health, Triphala Guggulu minimizes the accumulation of toxins in the GI tract, blood and joints by supporting proper digestion and elimination.*

#2061
(1 BOTTLE)
$24.95

Shilajit

Promotes Rejuvenation and Detoxification* | 300 mg tablets, 90 per bottle

- **Maintains a healthy urinary tract***
- **Supports healthy kidneys and lungs***
- **Supports proper function of the reproductive organs***

Commentary:

Shilajit is a natural mineral substance that exudes from the rocks in the Himalaya during the heat of the summer. It purifies the blood and helps remove excess kapha and natural toxins from the tissues. As an aphrodisiac, it increases vitality and stamina while toning the reproductive organs and supporting their proper function. Shilajit is balancing for all doshas and can also be used to support healthy aging.*

#2101
(1 BOTTLE)
$24.95

*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.

Banyan Co-founder, Scott, in a field of Tulsi

Liquid Extracts

Some of our more popular herbs are now available in a variety of forms including powders, tablets and liquid herbal extracts. Choosing what's best for you can be a matter of personal preference, convenience or functionality. Below you will find some general information on our liquid herbal extracts to help you determine if they are the right choice for you.

Our Liquid Herbal Extracts

Beginning with the same certified organic herbs we offer as bulk powders, a concentrated solution is made by using a mixture of alcohol and water to extract the herb's chemical constituents from the inert plant fiber. This process is done in a way that preserves the herb's natural aroma, taste and biological activity.

Digestibility and Absorption

Perhaps the biggest advantage to taking liquid extracts is that they don't have to be broken down by your digestive system, and so they are more readily and quickly absorbed. Because the plant's chemical constituents have already been extracted into the liquid, your body doesn't have to go through the process of breaking down the plant materials that usually accompany them. This can be particularly helpful if you have slow or weak digestion. The small amount of alcohol in a serving of liquid extract can also work to enkindle your digestive fire.

Convenience

The 1 ounce dropper bottle packaging makes these liquid herbal extracts convenient to carry with you just about anywhere—to work, on vacation, or even if you are just going out for the evening.

They are quick and easy to take. Simply dilute a dropper full (about 30 drops) in 1 – 2 ounces of water or juice and drink.

Rapid Action

Because the liquid extracts don't have to be broken down and digested, they are more readily assimilated upon ingestion. This allows them to be directly absorbed into the blood stream thereby producing a more rapid effect.

Taste the Herbs

Liquid extracts offer an easy opportunity to savor the tastes of the herbs and smell their aromas. The herbs don't always lend themselves to a pleasant sensual experience by Western standards. However, in Ayurveda, the senses are important avenues of healing that when engaged can help optimize results.

Extended Life of Herbs

In the form of a liquid herbal extract, the properties of the herbs remain stable and active for several years, allowing you to keep your products longer without worrying about their potency. Generally, herbalists say that liquid extracts in an alcohol base will remain well preserved for approximately 5 years.

Banyan Botanicals now offers some of our more popular herbs as liquid herbal extracts. Convenient, easy to assimilate and with a long shelf life, liquid herbal extracts provide an alternative method of delivery to taking herbs in tablets or in bulk. Our extracts are made from the same certified organic herbs used in our herbal tablets and are extracted using non-GMO, gluten-free grain alcohol. Available in 1 fluid ounce dropper bottles containing thirty, 1 ml servings (approximately 30 drops per serving).

Amalaki #2521 - $11.95

A powerful, rejuvenating herb used to nourish the bodily tissues and assist in natural internal cleansing. The most cooling of the three fruits found in Triphala.*

Arjuna #2531 - $11.95

The foremost Ayurvedic herb for the heart. A rejuvenating tonic that supports proper function of the circulatory system.*

Ashwagandha #2541 - $11.95

Nourishing rejuvenative known for helping the body adapt to stress while supporting energy and vitality. Calms the mind and promotes sound sleep.*

Bacopa #2551 - $11.95

A mental rejuvenative that calms the nervous system and clarifies the mind. Promotes concentration and memory.*

Brahmi/Gotu Kola #2571 - $11.95

Supports proper function of the brain and nervous system. Traditionally used to support memory, intelligence and awareness.*

Ginger #2561 - $11.95

Supports overall health and wellness. Promotes digestion, stomach comfort, healthy joints and proper function of the respiratory system.*

Kutki #2511 - $12.95

Classic Ayurvedic herb for cleansing and toning the liver. Supports proper function of the immune and respiratory systems.*

Mucuna (Kapikacchu) #2581 - $11.95

Nutritive tonic that promotes vitality and potency in a healthy reproductive system. A natural source of L-dopa and helps support proper function of the nervous system.*

Neem #2591 - $11.95

Cooling detoxifier that supports a healthy immune system, cleanses the liver and soothes the skin. Helps maintain healthy blood glucose levels already within the normal range.*

Shatavari #2601 - $11.95

Calming and cooling rejuvenative that supports both the male and female reproductive systems. Brings strength, vitality and nourishment to the tissues.*

Triphala #2611 - $11.95

Renowned Ayurvedic formula for detoxification and rejuvenation that supports healthy digestion and elimination. As a liquid extract, many experience a more rapid action.*

Tulsi #2621 - $11.95

Natural lymph cleanser that supports proper function of the immune and respiratory systems. Strengthens the heart while promoting the subtle qualities of faith and compassion.*

Turmeric #2631 - $11.95

Powerful herb that promotes overall health and well-being. Supports the immune system, purifies the blood, promotes healthy skin and comfortable joint movement.*

I Travel Well #2641 - $12.95

Supports the body's natural ability to adapt to the stresses of travel including changes in time zone. Helps reestablish healthy sleep patterns, bolsters the immune system and promotes healthy digestion.* See more on page 5.

New!

7-Herb Energy #2651 - $14.95

Promotes increased energy levels and supports the body's ability to cope with stress.* See more on back cover.

4 Ways to Order

1. ONLINE

www.banyanbotanicals.com — 24 hours / 7 days a week

2. BY PHONE

Toll Free 1.800.953.6424 — 6am - 7pm (PT) Mon - Fri

3. BY FAX

1.541.488.9527 - (credit card orders only)

4. BY MAIL

Banyan Botanicals
6705 Eagle Rock Ave NE
Albuquerque, NM 87113

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$50.01 - $100.00	$7.95
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$150.01 - $200.00	$9.95
$200.01 and over	FREE

AK, HI, PR and U.S. territories please inquire for rates.

THE BANYAN GUARANTEE

Our mission is to help our customers achieve and maintain health and well-being. One of the beautiful precepts of Ayurveda is that everyone is unique and that what works to bring balance for one will not necessarily bring balance for all. If for any reason you are not satisfied with one of our products or if one of our products does not support your health in a way that meets your expectations, we will gladly accept returns within 90 days of purchase for a refund of the price paid for the products.

Send Returns to:
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Attn: Returns
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Albuquerque, NM 87113

PROMPT DELIVERY

We ship all in-stock U.S. orders within one business day. Most orders are shipped via USPS Priority Mail, larger orders may be shipped by UPS. Most locations take 3 - 5 business days. Call for expedited delivery rates. For International orders, please inquire.

PACKAGING

We use the most environmentally sound packaging available to us. Most of our products come in plastic or glass that can be recycled. When appropriate, we reuse clean boxes and packaging materials that come into our warehouse or packing paper made with recycled content to help protect your order during shipping.

*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.

Myra Lewin practices daily self-massage

New!

photos: brahmi leaf, dried guduchi stem pieces

#3493	4 fl oz:	$12.95
#3495	12 fl oz:	$25.95
#3491	34 fl oz:	$47.95
#3492	128 fl oz:	$136.00

Daily Massage Oil

Commentary:

Full body massage is one of the most powerful techniques used in Ayurveda. Massage done with warm herbalized oil brings lubrication and oleation to the body while also grounding the nervous system and providing the tissues with the benefits of herbs that are cooked into the oil. Daily Massage Oil is formulated to balance all three doshas: vata, pitta, and kapha. The base uses both warming and cooling oils to allow the oil to have a simultaneous penetrating and soothing effect. The traditional cooking process then brings together powerful Ayurvedic herbs like ashwagandha to ground and nourish; manjista, fennel and cardamom to detoxify and cleanse; bala to strengthen; musta to relax; tulsi and arjuna to invigorate, promote circulation, and support the lymphatic system; and guduchi to cool, soothe, and rejuvenate. This blend not only supports the physical body but also calms and steadies the mind with brahmi (gotu kola) and bhringaraj. Finally, the oil is also pleasing, soothing, and revitalizing to the senses and spirit with a light hint of lavender and lemon verbena.

Ingredients: Sesame oil⁺, Coconut oil⁺, Sunflower oil⁺, Brahmi/Gotu Kola⁺, Guduchi⁺, Bhringaraj⁺, Bala⁺, Arjuna⁺, Tulsi⁺, Lemon verbena⁺, Lavender flowers⁺.

⁺Certified organic

Self-Oil Massage

Enveloping the Body in Love

Massage. Doesn't the word make you crave a relaxing treatment that will melt away your tensions and stresses? Wouldn't it be wonderful to get a massage—maybe even right now?

We often think of massage as a luxurious treat, an indulgence—even a splurge. But in fact, massage is an important component of optimal health. It has been used for centuries in a variety of traditional cultures to strengthen well-being and vitality. Today, massage therapy is increasing exponentially, and research highlighting the many benefits of massage is growing just as dramatically.

So why not make massage a valuable part of your life? How about even giving yourself a massage every day? It's easier than you might think and oh so worth it. Abhyanga, the term used to describe an Ayurvedic oil massage, is recommended for almost everybody of any age, from a newborn child to an elderly person. Whether you enjoy a warm oil massage from a massage therapist or take a little time to massage yourself, the benefits are well worth the investment.

Why is warm oil an important part of massage? In Sanskrit, the word "sneha" can be translated as both "oil" and "love". So in Ayurveda, there is an inherent connection between enveloping the body in oil and enveloping it in love. Both oil and love provide a sense of nurturing, grounding and nourishment. These qualities benefit the entire body, particularly the nervous system; and most importantly, they support the entire being—body, mind and spirit. Giving yourself a massage with warm oil gives you the opportunity to give love and nourishment to yourself.

Ancient Ayurvedic texts describe the benefits of massage for the whole body and specifically outline the benefits of applying oil to the scalp, the ears and the feet. Because Ayurveda considers the scalp, the ears and the feet to be maps representing the whole body, massaging these areas can positively impact other bodily parts and systems.

Ayurvedic teachings recommend a daily self-massage, which need only take about 15 minutes. The rewards include support of the musculoskeletal and nervous systems, proper circulation and lymph drainage and regular sleep patterns, to name a few. Oil massage stimulates the scalp and promotes lustrous hair. It can also be helpful in the process of aging gracefully. And in Ayurvedic terms, it is of benefit to all three doshas—vata, pitta and kapha, especially vata.

Dr. Claudia Welch offers a wonderful self-massage routine that can be done in the morning for a vital day or before bed for a more restful sleep. To learn this practice please visit www.banyanbotanicals.com/selfmassage.

All of our base oils are premium quality, 100% chemical and solvent free and come in BPA-free bottles.

Almond Oil

Pure and refined, a good massage oil for vata.

#3104	16 fl oz.	**$12.95**
#3101	34 fl oz.	**$19.95**
#3102	128 fl oz.	**$59.95**

Organic Castor Oil

Pure, expeller pressed and filtered, certified organic.

#3013	4 fl oz.	**$7.95**
#3016	16 fl oz.	**$11.95**

Organic Coconut Oil

Pure, refined and certified organic. A good massage oil for pitta. This oil is solid at temperatures below 76 degrees. Now available in a 30 fl oz. wide-mouthed jar.

#3264	16 fl oz.	**$9.95**
#3261	30 fl oz.	**$14.95**
#3262	128 fl oz.	**$42.95**

Organic Refined Sesame Oil

Pure and refined, with a milder scent than the unrefined, good for vata and kapha.

#3244	16 fl oz.	**$12.95**
#3241	34 fl oz.	**$19.95**
#3242	128 fl oz.	**$59.95**

Organic Sesame Oil

Pure, unrefined and certified organic. The most traditional of all oils used in Ayurveda, good for vata and kapha.

#3144	16 fl oz.	**$11.95**
#3141	34 fl oz.	**$17.95**
#3142	128 fl oz.	**$53.95**

Organic Sunflower Oil

Pure, semi-refined and certified organic. A good massage oil for pitta and kapha.

#3274	16 fl oz.	**$9.95**
#3271	34 fl oz.	**$14.95**
#3272	128 fl oz.	**$42.95**

Brahmi Oil

Organic brahmi (gotu kola) and bacopa in a base of organic sesame oil, or for a cooler application, also available in an organic coconut oil base. A pitta-soothing oil that is beneficial for calming and clearing the mind and enhancing peaceful meditation. Brahmi is said to bestow intelligence upon its user and can be massaged into the scalp to promote awareness and mental function.

Sesame oil base:

#3423	4 fl oz:	$10.95
#3425	12 fl oz.	$21.95
#3421	34 fl oz:	$39.95
#3422	128 fl oz:	$120.00

Coconut oil base:

#3303	4 fl oz:	$10.95
#3305	12 fl oz.	$21.95
#3301	30 fl oz:	$39.95
#3302	128 fl oz:	$120.00

Bhringaraj Oil

Organic bhringaraj in a base of organic sesame oil. A rejuvenating herb for the brain and nervous system, Bhringaraj oil is an excellent choice for massaging the scalp and feet before bed to promote deeply restful sleep. This tridoshic oil is also traditionally used to encourage hair growth and to calm the mind.

#3293	4 fl oz:	$10.95
#3295	12 fl oz	$21.95
#3291	34 fl oz:	$39.95
#3292	128 fl oz:	$120.00

Ashwagandha/Bala Oil

This vata-pacifying oil can be used to nourish and strengthen the muscles. Useful for athletes and those weakened by debility due to old age or illness. Literally meaning “strength”, bala builds muscle mass and provides energy.

#3203	4 fl oz:	$10.95
#3205	12 fl oz	$21.95
#3201	34 fl oz:	$39.95
#3202	128 fl oz:	$120.00

Nasal Rinse Cup

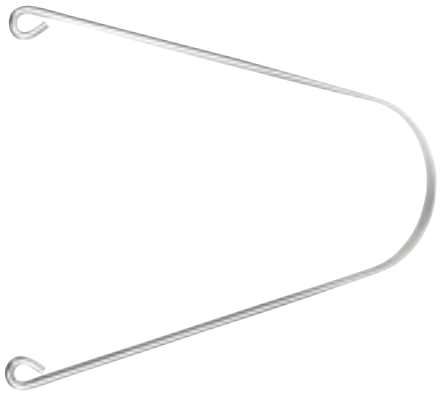
Natural support for clear breathing and sinus health, providing soothing relief for nasal dryness. Gently removes excess mucus, and rinses away dust, pollen and other irritants.

#8215 $16.95

Tongue Cleaner

Reduces the toxins and bacteria on the tongue that can cause bad breath. Enhances the sense of taste, improves digestion, gently stimulates the internal organs, and helps eliminate unattractive coating on the tongue.

#5211 $7.95



Neem & Aloe Soap

Neem oil comes together with aloe and vetiver to provide soothing comfort for the skin in this cleansing soap that can be enjoyed by all and is ideal for those with pitta skin.

#8571 $6.95

Lavender Soap

The herbaceous floral aroma of lavender essential oil provides a relaxing, calming scent in this nourishing soap made with organic crushed lavender flowers.

#8561 $6.95

Peppermint Soap

Like a breath of fresh air, this refreshing soap with peppermint essential oil and finely ground spearmint leaves provides gentle exfoliation while also cooling the skin.

#8581 $6.95

Grapefruit Lemongrass Soap

The deep spicy notes of lemongrass come together with a hint of bright citrus grapefruit to provide an enlivening experience, made complete by the gentle exfoliation of finely ground organic oatmeal.

#8531 $6.95

Cedar Eucalyptus Soap

The invigorating, earthy scents of cedar, eucalyptus and patchouli give a refreshing start to the day and make this soap an energizing treat for both men and women.

#8521 $6.95

Banyan Botanical's soaps are handcrafted from the finest botanical ingredients to bring you a refreshing and purifying experience. Our soaps are made with steam-distilled pure essential oils, meaning your body is never touched by synthetic fragrance oils or solvents used in extraction. The bases of organic extra virgin olive oil, organic palm oil, and organic coconut oil form a rich, long-lasting bar made using a cold-pressed method. You'll find yourself enveloped in a luxurious, aromatic lather that leaves your skin smooth and moisturized.

Cleanse Simply

The Why, How and When of Ayurvedic Cleansing at Home

Photo from Claire Ragozzino of Vidya Cleanse

You may have heard about cleansing and just how good it is for you. So what now? Should you really take time out of your busy schedule to cleanse? And if so, how do you actually do a cleanse? Ayurvedic cleansing is simple and easy and can be done in the comfort of your own home. Use the information below to start unlocking the vast potential of your health and well-being.

Why to do a Cleanse

You may already be taking care of yourself by eating healthy food, doing yoga and exercising. So why do you need to do a cleanse? Because prevention is the name of the game, and even the finest instruments require tuning on a periodic basis. A cleanse based on Ayurvedic principles allows your body the opportunity to rest and rejuvenate, as well as remove toxins that may have accumulated in your system.

Most of us have some exposure to unhealthy toxins in our food, water and environment. Poorly digested food can further add to a build-up of toxins, which Ayurveda calls *ama*. This toxic build-up in the system causes sub-optimal performance of your body's tissues and organs, right down to the cellular level. Signs that toxic residue has accumulated in your system may include a heavy coating on your tongue, sluggishness after you eat, foggy thinking, and joint and muscle aches.

Cleansing starts the clean-up process and leaves you feeling lighter and refreshed. The benefits from doing even the simplest cleanse can be powerful. An Ayurvedic cleanse can help:

- Usher toxic residue out of the system
- Kindle the digestive fire
- Reset the metabolism
- Support healthy weight management
- Increase energy and vitality
- Rest and rejuvenate the body's tissues
- Balance and harmonize the doshas (vata, pitta, and kapha)
- Improve clarity of thinking and memory
- Reduce generalized aches (that are not related to other health issues)
- Support healthy flow of prana (the body's life force)
- Boost the body's natural ability to resist disease

There are a variety of ways to cleanse. Ayurveda's full cleanse is called Panchakarma, which can be done with a trained practitioner. However, a simpler, less involved yet highly effective version of this is to do a whole foods cleanse at home. A description of how to do this simple cleanse can be found at www.banyanbotanicals.com/cleansesimply.

Ayurvedic Cleanse Kit

This kit was created in conjunction with Doctor Scott Blossom to provide the basic supplies you need to do a 7-day detoxifying cleanse at home.

The kit contains:

- 7-day supply Organic Basmati Rice (3.15 lbs)
- 7-day supply Organic Mung Dal (1.63 lbs)
- 1 bag Kitchari Spice Mix (3.5 oz)
- 1 bottle Organic Triphala Tablets
- 1 16 oz bottle of Organic Sesame Oil
- 1 7.5 oz jar Organic Ghee
- 1 box Organic Detox Tea

#1700 $69.95 *Retail value $76.75*

Kitchari Kit

The kit contains:
7-day supply Organic Basmati Rice (3.15 lbs)
7-day supply Organic Mung Dal (1.63 lbs)
1 bag Kitchari Spice Mix (3.5 oz)
1 7.5 oz jar Organic Ghee

1770 $37.70

Organic Basmati Rice (3.15 lb)

K1701 $11.95

Organic Mung Dal (1.63 lb)

K1702 $9.95

Kitchari Spice Mix (3.5 oz)

K1703 $7.50

Deluxe Ayurvedic Cleanse Kit

The kit contains:
All the items in the Ayurvedic Cleanse Kit plus:

- 1 jar Organic Chyavanprash
- 1 bottle Organic Nasya Oil
- 1 Neti Pot
- 1 Tongue Cleaner

#1750 $108.00 *Retail value $133.60*

Organic Ghee

Ghee is said to be the essence of milk and thereby the essence of motherly love. It is said to nourish the body and intellect, down to the very core of your being. Our ghee comes from small organic family farms where the cows are given tender loving care. Enjoy its delightful taste and aroma as a spread, or use it in place of oil and butter in your favorite recipes.

7.5 oz. (212 g) # 3165 $11.95

Bulk Herbs

Banyan Botanicals is proud to provide you with the largest selection of USDA certified organic Ayurvedic herbs in bulk powder form. Selected for their exceptional quality, our herbs are sourced from farms verified to be using sustainable farming practices. Each batch of herbs is tested for heavy metals in an independent laboratory to ensure that they meet the standards set by the American Herbal Products Association (AHPA) and the American National Standards Institute's Dietary Supplement Standard (ANSI 173). Traditional Ayurveda recommends taking herbs in powder form as tasting the herbs starts the digestive process and signals the body as to what is to come, initiating the body's own "inner pharmacy". Powders can be taken as they are, or steeped in hot water to make a health-promoting tea. Choose from a variety of sizes, including our convenient spice jars, or ½ pound and 1 pound bags. The spice jar holds a volume equal to 2/3 of a cup, providing seventy-two 1/2 teaspoon servings. The lid has a double-sided snap, with one side featuring three sifter holes and the reverse side containing a spoon opening, making it convenient for most any use.

Amalaki fruit powder (Emblica officinalis)

A traditional rejuvenative used to cleanse and nourish the bodily tissues*

- Potent rejuvenative that nourishes the tissues and removes natural toxins*
- Assists natural internal cleansing and gently maintains regularity*
- Supports a healthy stomach lining and the proper function of digestive acids*
- Generally taken as a substitute for Triphala by those with excess heat (pitta) in the digestive tract*
- Concentrated source of antioxidants*

Herbal tablets that contain Amalaki include: Amalaki, Healthy Hair, HealThy Skin, Heart Formula, Immune Support, Joint Support, Kidney Formula, Liver Formula, Lung Formula, Men's Support, Para Cleanse, Pitta Digest, Stress Ease, Sweet Ease, Trim Support, Triphala, Women's Natural Transition

Other products that contain Amalaki include: Amalaki Liquid Extract, Breast Care Balm, Chyavanprash, I Travel Well Liquid Extract, Joint Balm, Triphala pwd, Trim Balm

2/3 cup jar (net 3.4 oz)	#6813	$7.50
½ lb bag	#6812	$12.50
1 lb bag	#6811	$21.95

Anantamul root powder (Hemidesmus indicus)

A pitta-balancing herb that supports proper function of the genitourinary system and promotes healthy skin*

- Supports proper function of the kidneys and urinary tract*
- Removes natural toxins from the blood*
- Maintains healthy skin and a clear complexion*
- Cooling action removes excess pitta in the digestive tract, joints, nerves and reproductive system*
- Pitta-reducing qualities extend beyond the body as it is traditionally used to cleanse the mind of negative emotions*

Herbal tablets that contain Anantamul include: HealThy Skin, Kidney Formula

Other products that contain Anantamul include: Mahanarayan Oil, Soothing Skin Balm

2/3 cup jar (net 2.35 oz)	#6823	$8.50
1/2 lb bag	#6822	$17.50
1 lb bag	#6821	$30.95

Arjuna bark powder (Terminalia arjuna)

Traditional rejuvenative and tonic for the heart*

- Strengthens and tones the heart muscle tissue and promotes proper function of the circulatory system*
- Supports healthy blood pressure already within the normal range*
- Helps maintain healthy cholesterol levels already within the normal range*
- Promotes emotional balance for those experiencing grief and sadness*
- Said to mend a 'broken heart', and to impart courage and strengthen the will*

Herbal tablets that contain Arjuna include: Healthy Bones, Heart Formula, Stress Ease, Sweet Ease, Women's Natural Transition

Other products that contain Arjuna include: Arjuna Liquid Extract, Breast Care Balm, Mahanarayan Oil

2/3 cup jar (net 4.00 oz)	#6833	$8.50
1/2 lb bag	#6832	$12.95
1 lb bag	#6831	$22.95

Ashoka bark powder (Saraca indica)

Traditional uterine tonic that supports healthy menstruation*

- Supports a healthy female reproductive system*
- Ayurvedic medicine's foremost uterine tonic*
- Supports a healthy, regular monthly cycle and promotes a normal, comfortable menstrual flow*
- Promotes uterine comfort while helping to support healthy ovarian and endometrial tissue*
- Its name literally means 'remover of sorrow', attesting to its ability to promote health and healing*

Herbal tablets that contain Ashoka bark powder include: Women's Cycle Ease

2/3 cup jar (net 3.00 oz)	#7603	$7.50
1/2 lb bag	#7602	$12.95
1 lb bag	#7601	$22.95

*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.

Ashwagandha root powder (Withania somnifera)

A traditional rejuvenative for vata & kapha that promotes vitality & strength*

- Powerful Ayurvedic rejuvenative that increases energy and vitality*
- Helps the body combat stress and adapt to physical and mental challenges*
- Assists in calming the mind and promotes sound, restful sleep*
- One of the best herbs for calming vata and for revitalizing the male reproductive system*
- Used by both men and women to support healthy joints and proper function of the adrenals*

Herbal tablets that contain Ashwagandha include: Ashwagandha, Healthy Bones, Healthy Vata, I Sleep Soundly, Joint Support, Men's Support, Mental Clarity, Stress Ease, Tranquil Mind, Women's Cycle Nourish, Women's Natural Transition

Other products that contain Ashwagandha include: Ashwagandha/Bala Oil, Beauty Balm, Chyavanprash, I Travel Well Liquid Extract, Joint Balm, Shirodhara Oil, Vata Massage Oil, 7-Herb Energy Liquid Extract

2/3 cup jar (net 2.55 oz)	#6083	$8.00
1/2 lb bag	#6082	$12.50
1 lb bag	#6081	$21.95

Avipattikar powder

A traditional Ayurvedic formula for pitta imbalances in the GI tract*

- Promotes post-meal esophageal comfort*
- Promotes normal, comfortable levels of acidity in the stomach and intestines*
- Removes excess heat from the GI tract*
- Supports healthy elimination for individuals with pitta imbalances*
- Energetically cooling blend of herbs that help balance the digestive fire and supports the healthy elimination of natural toxins from the system*

Ingredients: Cane Sugar+, Nishoth herb+, Clove bud+, Cardamom seed+, Musta root+, Vidanga fruit+, Tamalpatra leaf+, Salt, Ginger root+, Black Pepper fruit+, Pippali fruit+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+.

+Certified organic

2/3 cup jar (net 3.27 oz)	#7523	$9.50
1/2 lb bag	#7522	$15.95
1 lb bag	#7521	$27.95

Bacopa herb powder (Bacopa monnieri)

Rejuvenative for the mind and nervous system*

- Excellent mental rejuvenative that supports proper function of the brain and nervous system*
- Used for centuries to promote memory, intelligence and concentration*
- Calms the mind and soothes the nerves while promoting clarity and awareness*
- One of two herbs known as the legendary mental rasayana "Brahmi" of the ancient Ayurvedic texts (the other being Centella asiatica)*

Herbal tablets that contain Bacopa include: Mental Clarity

Other products that contain Bacopa include: Bacopa Liquid Extract, Brahmi Oil, I Travel Well Liquid Extract

2/3 cup jar (net 2.40 oz)	#6413	$6.50
1/2 lb bag	#6418	$12.50
1 lb bag	#6417	$21.95

Bala root powder (Sida cordifolia)

Used externally (usually as an ingredient in massage oil) to support muscle health and comfort

- Promotes muscular comfort
- Tones the muscle tissue
- Calms the nerves
- Strengthens and energizes the body

Note: Since 2004 herbs containing ephedrine alkaloids have been prohibited by the FDA for use in dietary supplements. The ruling states that it "does not affect the use of Ephedra preparations in traditional Asian medicine." Bala is an entirely different species of plant than Ephedra, but it was included on a list of herbs containing ephedrine alkaloids. Repeated tests of Bala powder for the presence of ephedrine alkaloids have come up negative, yet Bala remains on the prohibited list. As a result, it is currently unclear how Bala may be used in the practice of Ayurveda. Consequently, we do not market Bala as a dietary supplement. It is available as a bulk powder for use in external preparations.

Other products that contain Bala include: Ashwagandha/Bala Oil, Mahanarayan Oil, Vata Massage Oil

2/3 cup jar (net 1.63 oz)	#7495	$5.95
1/2 lb bag	#7492	$12.50
1 lb bag	#7491	$21.95

Bhringaraj leaf powder (Eclipta alba)

The quintessential Ayurvedic herb for the hair and an excellent rejuvenative for pitta*

- Famous in India for its ability to support strong, healthy hair growth*
- Powerful hair tonic that helps maintain the hair's natural color and luster*
- One of the best herbs for pitta, and also has a special affinity for the head*
- Calms the mind while promoting healthy skin, bones, teeth, eyes, hearing and memory*
- An excellent liver cleanser that also supports proper function of the lungs*

Herbal tablets that contain Bhringaraj include: Healthy Hair, Healthy Pitta, HealThy Skin, I Sleep Soundly, Joint Support, Liver Formula, Mental Clarity, Tranquil Mind

Other products that contain Bhringaraj include: Bhringaraj Oil, Breast Care Balm, Shirodhara Oil, Vata Massage Oil

2/3 cup jar (net 2.48 oz)	#6133	$7.50
1/2 lb bag	#6132	$15.95
1 lb bag	#6131	$27.95

Bhumyamalaki herb powder (Phyllanthus amarus)

Detoxifies and strengthens the liver*

- The classic Ayurvedic herb for supporting proper function of the liver*
- An excellent liver cleanser that detoxifies and strengthens this essential organ*
- Supports proper function of the gall bladder*
- Promotes healthy skin and a clear complexion*
- Cools and soothes the digestive tract*
- Balances pitta and kapha, and useful for those that would benefit from its dry and light qualities*

Herbal tablets that contain Bhumyamalaki include: Healthy Kapha, Healthy Pitta, HealThy Skin, Liver Formula

Other products that contain Bhumyamalaki include: Breast Care Balm, Kapha Massage Oil, Mahanarayan Oil, Trim Balm

2/3 cup jar (net 2.42 oz)	#6153	$6.95
1/2 lb bag	#6152	$11.95
1 lb bag	#6151	$20.95

*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.

Bibhitaki fruit powder (Terminalia belerica)

Detoxification and rejuvenation for kapha*

- Used for all types of kapha imbalances and is especially helpful in supporting the organs and tissues where kapha tends to accumulate*
- Supports proper function of the lungs and healthy, comfortable breathing*
- Helps maintain balanced body fluid levels while toning and cleansing the colon*
- Promotes healthy vision, voice and hair*
- Maintains proper function of heart, liver and kidneys*

Herbal tablets that contain Bibhitaki include: Gokshuradi Guggulu, Healthy Kapha, Heart Formula, Immune Support, Joint Support, Kaishore Guggulu, Kanchanar Guggulu, Kidney Formula, Liver Formula, Lung Formula, Para Cleanse, Punarnavadi Guggulu, Trim Support, Triphala, Triphala Guggulu, Yogaraj Guggulu

Other products that contain Bibhitaki include: Avipattikar pwd, Gokshuradi Guggulu pwd, Joint Balm, Kaishore Guggulu pwd, Kanchanar Guggulu pwd, Punarnavadi Guggulu pwd, Trim Balm, Triphala pwd, Triphala Guggulu pwd, Yogaraj Guggulu pwd

2/3 cup jar (net 3.30 oz)	#6843	$6.95
1/2 lb bag	#6842	$9.95
1 lb bag	#6841	$17.95

Bilva fruit powder (Aegle marmelos)

Supports proper function of the bowels and promotes healthy stool formation*

- Balances and regulates the large intestine, supporting proper function of the bowels*
- Its astringent quality helps dry excess kapha in the colon while promoting the natural binding of the stool*
- Lubricates and soothes the mucus membranes in the intestines*
- Promotes the healthy movement of vata in the colon*
- Stimulates the digestive fire and eliminates natural toxins in the GI tract*

Other products that contain Bilva include: Chyavanprash, Dashamula pwd

2/3 cup jar (net 2.90 oz)	#6853	$7.95
1/2 lb bag	#6852	$13.50
1 lb bag	#6851	$23.95

Boswellia resin powder (Boswellia serrata)

Supports proper function of the joints*

- Natural gum resin that detoxifies the joint tissue and supports comfortable movement*
- Supports the body's natural response to inflammation*
- Promotes healthy circulation while soothing and cooling the joints*
- Also known as Indian frankincense and has a long history of use in religious ceremonies*
- Promotes the natural flow of energy within the body channels and tissues*

Herbal tablets that contain Boswellia include: Joint Support, Women's Cycle Ease

Other products that contain Boswellia include: Joint Balm

Ingredients: Boswellia resin+, Rice powder+ (natural anti-caking agent)

+Certified organic

2/3 cup jar (net 4.35 oz)	#7613	$14.50
1/2 lb bag	#7612	$22.95
1 lb bag	#7611	$39.95

*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.

Brahmi/Gotu Kola leaf powder (Centella asiatica)

A mental rejuvenative that supports healthy brain and nervous system function*

- Traditionally used to promote the intellect and enhance mental performance*
- Promotes memory, concentration and increases awareness*
- Excellent tonic for pitta, calms vata in the mind and reduces excess kapha in the body*
- Renown for promoting healthy, lustrous hair and is often used in oils for this purpose*
- Lives up to its name, which means "the energy of universal consciousness"*

Herbal tablets that contain Brahmi/ Gotu Kola include: Healthy Hair, Healthy Pitta, HealThy Skin, Healthy Vata, Heart Formula, Mental Clarity, Stress Ease, Tranquil Mind, Trim Support, Women's Natural Transition, Women's Support

Other products that contain Brahmi/ Gotu Kola include: Brahmi Liquid Extract, Brahmi Oil, I Travel Well Liquid Extract, Mahanarayan Oil, Nasya Oil, Pitta Massage Oil, Shirodhara Oil, 7-Herb Energy Liquid Extract

2/3 cup jar (net 2.23 oz)	#6363	$7.95
½ lb bag	#6362	$15.95
1 lb bag	#6361	$27.95

Calamus root powder (Acorus calamus)

Highly aromatic herb that is used externally to help remove massage oil

- Highly aromatic herb used externally to invigorate the skin
- Helps remove excess oil from the skin after massage

Note: The use of Calamus in foods is prohibited in the U.S. by the FDA. Whether or not it can be used as an ingredient in a dietary supplement is not clear. In the '70s and '80s, studies demonstrating carcinogenic activity in animals were conducted with rodents fed or injected massive doses of beta-asarone. The Indian variety of Calamus contains beta-asarone and was subsequently banned from use in foods in the U.S. Pending clarification on this issue, Banyan's bulk Calamus powder is not for human consumption.

Other products that contain Calamus include: Kapha Massage Oil, Nasya Oil

2/3 cup jar (net 2.06 oz)	#6863	$6.50
½ lb bag	#6862	$13.50
1 lb bag	#6861	$23.95

Cardamom seed powder (Elettaria cardamomum)

A common kitchen spice that supports healthy digestion*

- Aromatic spice that supports digestion without aggravating pitta*
- Supports balanced stomach acid levels and promotes a comfortable post-meal experience*
- Promotes a healthy appetite and fresh breath*
- Removes excess kapha from the GI tract and promotes healthy elimination of mucus*
- Supports healthy lungs and promotes clear, comfortable breathing*
- Said to impart clarity and joy on its users*

Herbal tablets that contain Cardamom include: Healthy Vata, Heart Formula, Immune Support, Kanchanar Guggulu, Lung Formula, Mental Clarity, Pitta Digest, Stress Ease, Women's Support, Yogaraj Guggulu

Other products that contain Cardamom include: Avipattikar pwd, Chyavanprash, Kanchanar Guggulu pwd, Mahanarayan Oil, Sitopaladi pwd, Talisadi pwd, Yogaraj Guggulu pwd

2/3 cup jar (net 3.35 oz)	#6873	$16.50
½ lb bag	#6872	$33.95
1 lb bag	#6871	$59.95

Chitrak root powder (Plumbago zeylanica)

Supports proper digestion and a healthy body weight*

- Powerful heating herb that supports healthy metabolism and removes natural toxins from the intestines*
- Excellent for reducing kapha and promoting optimal weight management*
- Supports proper function of the liver and the healthy digestion of fat and sugars*
- Strengthens the digestive fire*
- Energizes the body naturally by promoting proper absorption and assimilation of nutrients*

Herbal tablets that contain Chitrak root include: Healthy Kapha, Punarnavadi Guggulu, Trim Support, Women's Cycle Ease, Yogaraj Guggulu

Other products that contain Chitrak root include: Kapha Massage Oil, Punarnavadi Guggulu pwd, Trim Balm, Yogaraj Guggulu pwd

2/3 cup jar (net 2.95 oz)	#7623	$7.95
1/2 lb bag	#7622	$12.95
1 lb bag	#7621	$22.95

Cinnamon bark powder (Cinnamomum cassia)

Renowned household spice that supports healthy digestion*

- Wonderfully aromatic kitchen spice that enkindles the digestive fire and eliminates natural toxins in the GI tract*
- Promotes well-being by reducing excess kapha from the head and chest*
- Supports healthy circulation throughout the body and promotes warmth in the extremities, joints, kidneys and lungs*
- Nourishes the reproductive system and supports healthy, comfortable menstruation*

Herbal tablets that contain Cinnamon include: Immune Support, Kanchanar Guggulu, Lung Formula, Pitta Digest, Women's Cycle Ease, Women's Support, Yogaraj Guggulu

Other products that contain Cinnamon include: Sitopaladi pwd, Talisadi pwd

2/3 cup jar (net 2.90 oz)	#7463	$5.95
1/2 lb bag	#7462	$7.95
1 lb bag	#7461	$12.95

Coriander seed powder/whole (Coriandrum sativum)

A cooling household spice that promotes healthy digestion*

- Strengthens the digestive fire without aggravating pitta*
- Cools and soothes the GI tract*
- Supports proper function of the kidneys and promotes healthy urination*
- Removes excess heat in the body, making it useful in cooling pitta-related imbalances associated with menopause*
- The seeds combine well with cumin and fennel to make an excellent digestive tea*

Herbal tablets that contain Coriander seed include: Kidney Formula, Pitta Digest, Women's Support, Yogaraj Guggulu

Other products that contain Coriander seed include: Pitta Massage Oil, Yogaraj Guggulu pwd

	POWDER	WHOLE
2/3 cup jar	#6233 $6.50 (net 2.62 oz)	#6243 $5.50 (net 1.40 oz)
1/2 lb bag	#6232 $8.95	#6242 $8.50
1 lb bag	#6231 $15.95	#6241 $14.95

Cumin seed powder/whole (Cuminum cyminum)

Common cooking spice that promotes healthy digestion*

- One of the best herbs for supporting healthy digestion without provoking pitta*
- Promotes healthy absorption and elimination of natural toxins from the GI tract*
- Especially useful for calming excess vata in the lower abdomen, and in promoting a comfortable post-meal experience*
- The seeds combine well with coriander and fennel to make an excellent digestive tea*

Herbal tablets that contain Cumin seed include: Pitta Digest, Vata Digest, Yogaraj Guggulu

Other products that contain Cumin seed include: Hingvastak pwd, Yogaraj Guggulu pwd

	POWDER	WHOLE
2/3 cup jar	#6253 $6.95 (net 3.33 oz)	#6263 $5.95 (net 2.77 oz)
1/2 lb bag	#6252 $11.50	#6262 $10.95
1 lb bag	#6251 $19.95	#6261 $18.95

Dashamula powder/whole

A traditional Ayurvedic formula for pacifying vata and supporting proper function of the nervous system*

- Calms the nerves and removes excess vata from the system*
- Strengthens and nourishes the body*
- Grounding formula that helps direct the flow of vata energy downward*
- Supports healthy expectoration and respiration while supporting proper function of the lungs*
- A decoction of the cut herbs is used as an enema to eliminate natural toxins from the GI tract and to balance vata in the lower body*

Note: Dashamula literally means 'ten roots'.

The ten different species include five trees and five shrubs. Much care is taken to ensure that roots of the trees are harvested sustainably. To help ensure the protection of the species for future generations, it has become an accepted practice to use the aerial parts of the shrubs as substitutes for the roots.

Ingredients: Bilva root+, Agnimantha root+, Shyonaka root+, Patala root+, Gambhari root+, Bruhati herb+, Kantakari herb+, Shalaparni herb+, Prushniparni herb+, Gokshura fruit+

+Certified organic

	POWDER	WHOLE
2/3 cup jar	#7553 $9.95 (net 1.96 oz)	N/A
1/2 lb bag	#7552 $19.50	#7562 $17.50
1 lb bag	#7551 $33.95	#7561 $30.95

Fennel seed powder/whole (Foeniculum vulgare)

Aromatic spice that supports healthy digestion*

- Excellent herb for promoting healthy digestion and a comfortable post-meal experience*
- Especially useful for strengthening the digestive fire without increasing pitta*
- Soothes the urinary tract and promotes healthy urination*
- Calms and soothes the nerves and muscles*
- Supports a healthy, comfortable menstrual cycle*
- Supports the healthy flow of milk in lactating mothers*

Herbal tablets that contain Fennel seed include: Healthy Pitta, I Sleep Soundly, Kidney Formula, Pitta Digest, Tranquil Mind, Women's Support

Other products that contain Fennel seed include: Beauty Balm, I Travel Well Liquid Extract, Mahanarayan Oil

	POWDER	WHOLE
2/3 cup jar	#6313 $6.50 (net 2.73 oz)	#6323 $5.50 (net 2.42 oz)
1/2 lb bag	#6312 $8.95	#6322 $8.50
1 lb bag	#6311 $15.95	#6321 $14.95

*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.

Ginger root powder (Zingiber officinale)

Supports overall health, wellness and comfort*

- Promotes digestion and the elimination of natural toxins*
- Supports proper function of the lungs and healthy, comfortable breathing*
- Supports a comfortable post-meal experience*
- Promotes comfortable menstruation*
- Supports comfortable movement of the joints*
- Supports stomach comfort during travel*
- Supports healthy circulation and vasodilation and promotes sweating*

Herbal tablets that contain Ginger root include: Gokshuradi Guggulu, Healthy Bones, Healthy Kapha, Heart Formula, Immune Support, Joint Support, Kaishore Guggulu, Kanchanar Guggulu, Kapha Digest, Para Cleanse, Punarnavadi Guggulu, Stress Ease, Trim Support, Vata Digest, Women's Cycle Nourish, Yogaraj Guggulu

Other products that contain Ginger root include: Ginger Liquid Extract, Hingvastak pwd, I Travel Well Liquid Extract, Mahanarayan Oil, Talisadi pwd, Trikatu pwd, Trim Balm, 7-Herb Energy Liquid Extract

2/3 cup jar (net 2.78 oz)	#6343	$7.50
1/2 lb bag	#6342	$11.50
1 lb bag	#6341	$19.95

Gokshura fruit powder (Tribulus terrestris)

Supports proper function of the urinary tract and prostate*

- Promotes healthy body fluid levels and proper function of the genitourinary system*
- Soothes the membranes of the urinary tract while supporting the healthy flow of urine*
- Tones the male reproductive system, promoting virility, control and the healthy production of sperm*
- Rejuvenates the female reproductive system and promotes fertility*
- Calms the nerves and is balancing for all doshas*

Herbal tablets that contain Gokshura fruit include: Gokshuradi Guggulu, Kidney Formula, Men's Support, Stress Ease, Women's Cycle Nourish, Yogaraj Guggulu

Other products that contain Gokshura fruit include: Chyavanprash, Dashamula pwd, Gokshuradi Guggulu pwd, I Travel Well Liquid Extract, Yogaraj Guggulu pwd, 7-Herb Energy Liquid Extract

2/3 cup jar (net 2.60 oz)	#6883	$6.50
1/2 lb bag	#6882	$11.50
1 lb bag	#6881	$19.95

Guduchi stem powder (Tinospora cordifolia)

An excellent rejuvenative for vata and pitta that supports overall health and well-being*

- Bolsters the immune system and promotes vitality*
- Promotes the healthy elimination of natural toxins and supports proper function of the liver and kidneys*
- Promotes healthy skin and a clear complexion*
- Supports digestion and a healthy balance of intestinal flora*
- Supports comfortable movement of the joints*
- Calms the mind and supports proper function of the nervous system*

Herbal tablets that contain Guduchi stem include: Blood Cleanse, Healthy Pitta, HealThy Skin, Healthy Vata, Heart Formula, I Sleep Soundly, Joint Support, Kaishore Guggulu , Kidney Formula, Liver Formula, Pitta Digest, Punarnavadi Guggulu, Stress Ease, Sweet Ease, Tranquil Mind, Women's Natural Transition, Women's Support

Other products that contain Guduchi stem include: Breast Care Balm, Chyavanprash, Joint Balm, Mahanarayan Oil, Pitta Massage Oil, Soothing Skin Balm

2/3 cup jar (net 2.28 oz)	#6893	$6.50
1/2 lb bag	#6892	$11.95
1 lb bag	#6891	$20.95

Guggulu purified resin powder (Commiphora mukul)

Supports proper function of the joints*

- Using traditional Ayurvedic methods, this guggulu powder has been purified in a decoction of Triphala
- Penetrating herb that gently scrapes naturally accumulating toxins from the body channels*
- Renown for its ability to carry other herbs with it deep into the tissues*
- Works with the herbs that accompany it to detoxify and rejuvenate the body*
- Helps maintain healthy cholesterol levels already in the normal range*
- Supports comfortable movement of the joints*
- Promotes healthy weight management*

Herbal tablets that contain Guggulu resin include: Gokshuradi Guggulu , Heart Formula, Joint Support, Kaishore Guggulu, Kanchanar Guggulu, Punarnavadi Guggulu, Trim Support, Triphala Guggulu, Women's Cycle Ease, Women's Natural Transition, Yogaraj Guggulu

Other products that contain Guggulu resin include: Breast Care Balm, Gokshuradi Guggulu pwd, Joint Balm, Kaishore Guggulu pwd, Kanchanar Guggulu pwd, Punarnavadi Guggulu pwd, Triphala Guggulu pwd, Yogaraj Guggulu pwd

2/3 cup jar (net 3.15 oz)	#6383	$19.95
½ lb bag	#6382	$43.50
1 lb bag	#6381	$75.95

Haritaki fruit powder (Terminalia chebula)

Detoxification & rejuvenation for vata*

- One of three ingredients in the classic formula Triphala, and an excellent herb for balancing vata*
- Supports healthy elimination and maintains regularity*
- Helps remove accumulated natural toxins in the GI tract*
- Strengthens and nourishes the tissues and supports the proper function of the colon, lungs, liver and spleen*
- Revered for its ability to increase energy, intelligence and awareness*

Herbal tablets that contain Haritaki fruit include: Gokshuradi Guggulu, Haritaki, Heart Formula, Immune Support, Joint Support, Kaishore Guggulu, Kanchanar Guggulu, Kidney Formula, Liver Formula, Lung Formula, Para Cleanse, Punarnavadi Guggulu, Trim Support, Triphala, Triphala Guggulu, Yogaraj Guggulu

Other products that contain Haritaki fruit include: Avipattikar pwd, Chyavanprash, Gokshuradi Guggulu pwd, Joint Balm, Kaishore Guggulu pwd, Kanchanar Guggulu pwd, Punarnavadi Guggulu pwd, Trim Balm, Triphala pwd, Triphala Guggulu pwd, Women's Natural Transition, Yogaraj Guggulu pwd

2/3 cup jar (net 4.25 oz)	#6903	$6.95
½ lb bag	#6902	$9.95
1 lb bag	#6901	$17.95

Hawthorn Berry powder (Crataegus laevigata)

Helps to maintain cardiovascular health*

- One of the most popular herbs in the West for supporting the proper function of the heart*
- Helps maintain clear arterial channels and promotes healthy circulation*
- Assists in maintaining healthy cholesterol and blood pressure levels already within the normal range*
- Particularly good for vata-related heart imbalances*
- Calms the heart and nerves and promotes longevity*

Herbal tablets that contain Hawthorn Berry include: Heart Formula

2/3 cup jar (net 3.28 oz)	#6403	$9.95
½ lb bag	#6402	$15.50
1 lb bag	#6401	$26.95

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Hibiscus flower powder (Hibiscus sabdariffa)

Promotes physical and spiritual purification*

- Promotes the healthy growth of hair and a clear complexion*
- Supports proper function of the kidneys and the female reproductive system*
- According to *The Yoga of Herbs*, it helps purify the body both physically and spiritually, and is useful in disorders associated with the first and second chakras*
- Because of its pitta-reducing qualities, it is sometimes consumed as a cooling tea*

Herbal tablets that contain Hibiscus flower include: Healthy Hair

2/3 cup jar (net 3.80 oz)	#6423	$7.95
1/2 lb bag	#6428	$12.95
1 lb bag	#6427	$22.95

Hingvastak powder (Vata Digest)

Digestion formula for vata*

- Vata-soothing formula that supports the entire digestive process*
- Especially useful for those with vata-predominant constitutions*
- Calms excess vata in the GI tract, promoting intestinal calm and comfort*
- Enkindles the digestive fire, stimulates the appetite and supports proper assimilation and absorption*
- Supports the natural lubrication of the intestines, assisting in healthy elimination*

Herbal tablets that contain Hingvastak include: Vata Digest

Ingredients: Cumin seed+, Ajamoda seed+, Black Cumin seed+, Ginger root+, Black Pepper fruit+, Pippali fruit+, Mineral Salt, Asafoetida resin, Fenugreek seed+

+Certified organic

2/3 cup jar (net 3.05 oz)	#7513	$9.95
1/2 lb bag	#7512	$15.50
1 lb bag	#7511	$26.95

Kaishore Guggulu powder

Pitta balancing formula for the joints and muscles*

- Traditional Ayurvedic formula for balancing pitta in the joints and muscles*
- Supports overall joint and muscle health along with comfortable movement*
- Powerful detoxifying and rejuvenating combination that has a special affinity for the musculoskeletal system*
- Its main ingredients, guduchi, triphala and trikatu, are combined with guggulu to remove deep-seated pitta from the tissues*

Ingredients: Guggulu resin+, Guduchi stem+, Ginger root+, Pippali fruit+, Black Pepper fruit+, Danti root+, Nishoth root+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+

+Certified organic

2/3 cup jar (net 3.12 oz)	#7853	$29.95
1/2 lb bag	#7852	$71.95
1 lb bag	#7851	$125.95

Kalmegh herb powder (Andrographis paniculata)

Supports proper function of the liver and the immune system*

- Extremely bitter herb that bolsters the immune system and supports the body's natural defenses*
- Reduces excess pitta and kapha in the head and chest*
- Promotes a healthy respiratory tract, sinuses and throat, while helping maintain a normal body temperature*
- Supports all-around health and well-being*
- Promotes the healthy production of bile and supports proper function of the liver*

Herbal tablets that contain Kalmegh herb include: Immune Support, Liver Formula

2/3 cup jar (net 2.54 oz)	#7003	$7.50
1/2 lb bag	#7002	$12.95
1 lb bag	#7001	$22.95

Kapikacchu seed powder (Mucuna pruriens)

Nutritive tonic that supports proper function of the reproductive and nervous systems*

- Supports the proper function of the reproductive system*
- Increases sexual energy and strengthens and tones the reproductive organs*
- In men, it supports potency, stamina and control*
- In women, it promotes a healthy libido and fertility*
- Calms the mind and promotes a healthy state of calm*
- Supports proper function of the nervous system*
- Natural source of levodopa (L-dopa)*

Herbal tablets that contain Kapikacchu seed include: Healthy Vata, Men's Support, Stress Ease

Other products that contain Kapikacchu seed include: Mucuna (Kapikacchu) Liquid Extract

2/3 cup jar (net 3.90 oz)	#6913	$9.50
1/2 lb bag	#6912	$12.95
1 lb bag	#6911	$22.95

Kutaja bark powder (Holarrhena antidysenterica)

Supports a healthy GI tract and the proper function of the colon*

- As its botanical name 'antidysenterica' implies, Kutaja is one of the best Ayurvedic herbs for bolstering the natural defenses of the GI tract*
- Supports intestinal health and comfortable elimination especially when traveling to exotic foreign lands*
- Promotes healthy, well-formed stools*
- Promotes digestion, burns natural toxins and helps dispel excess pitta and kapha from the intestines*

Herbal tablets that contain Kutaja bark include: Para Cleanse

2/3 cup jar (net 2.15 oz)	#7633	$6.95
1/2 lb bag	#7632	$16.95
1 lb bag	#7631	$29.95

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Kutki root powder (Picrorhiza kurroa)

Classic Ayurvedic herb for cleansing and toning the liver*

- Supports healthy function of the liver*
- Assists in proper flow and function of bile*
- Maintains healthy immune system function*
- Aids a healthy respiratory system*
- Balancing for pitta and kapha*
- The only CITES certified kutki in the United States, cultivated to prevent further endangerment of this precious plant
- Grown according to organic standards

Herbal tablets that contain Kutki root include: Women's Cycle Ease

Other products that contain Kutki include: Kutki liquid extract

As a result of severe over-harvesting, the Kutki plant is considered "endangered". In 2005 Banyan stopped selling this amazingly healing herb out of concern for the long term survival of the species and set about finding a sustainable, cultivated source. After pursuing this goal for 7 years it gives us great joy to be able to offer it again. CITES certification indicates that our Kutki has been sustainably cultivated in accordance with the requirements of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES). May Kutki continue to be available for all those who need its wonderful blessings.

1/2 lb bag	#6492	$45.50
1 lb bag	#6491	$79.95

Licorice root powder (Glycyrrhiza glabra)

Nourishing tonic that supports proper function of the respiratory system*

- Promotes clear, comfortable breathing*
- Supports healthy expectoration and proper function of the lungs*
- Removes excess kapha from the stomach and lungs*
- Soothes the mucous membranes and stomach lining, pacifies excess pitta and promotes stomach comfort*
- Supports proper function of the male reproductive system*
- Calms the mind and promotes contentment and harmony*

Herbal tablets that contain Licorice root include: HealThy Skin, Immune Support, Lung Formula, Men's Support, Pitta Digest

Other products that contain Licorice root include: Beauty Balm, Breast Care Balm, Soothing Skin Balm, Vata Massage Oil, 7-Herb Energy

2/3 cup jar (net 3.12 oz)	#6513	$8.50
1/2 lb bag	#6512	$12.50
1 lb bag	#6511	$21.95

Manjista root powder (Rubia cordifolia)

Cleanses and cools the blood, promoting healthy skin and a clear complexion*

- The quintessential blood purifier in the Ayurvedic pharmacopeia*
- Removes excess heat and natural toxins from the blood, helping to support healthy skin and a clear complexion*
- One of the best pitta-pacifying herbs, used to support proper function of the liver and kidneys*
- Excellent for reducing excess kapha, maintains clear channels in the body, supporting the healthy flow of blood and urine*

Herbal tablets that contain Manjista root include: Blood Cleanse, Healthy Pitta, HealThy Skin, Kidney Formula, Liver Formula, Women's Cycle Ease

Other products that contain Manjista root include: Breast Care Balm, Kapha Massage Oil, Mahanarayan Oil, Pitta Massage Oil, Soothing Skin Balm, Trim Balm

2/3 cup jar (net 2.00 oz)	#6923	$7.95
1/2 lb bag	#6922	$15.50
1 lb bag	#6921	$26.95

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Musta root powder (Cyperus rotundus)

Supports regular, comfortable menstruation and promotes healthy digestion*

- Considered one of the best Ayurvedic herbs for promoting healthy, regular menstruation*
- Regulates both pitta and vata in the lower abdomen, supporting a comfortable, natural flow*
- Helps balance the emotions in the days prior to and during menstruation*
- Without aggravating pitta, it strengthens digestion, eliminates natural toxins, and supports proper function of the liver*

Herbal tablets that contain Musta root include: Gokshuradi Guggulu, Kidney Formula, Liver Formula, Trim Support, Women's Support, Yogaraj Guggulu, Women's Cycle Nourish

Other products that contain Musta root include: Avipattikar pwd, Chyavanprash, Gokshuradi Guggulu pwd, Mahanarayan Oil, Pitta Massage Oil, Trim Balm, Yogaraj Guggulu pwd

2/3 cup jar (net 2.50 oz)	#6933	$6.50
1/2 lb bag	#6932	$11.50
1 lb bag	#6931	$19.95

Neem leaf powder (Azadirachta indica)

Detoxification for pitta and kapha*

- Known for its effectiveness in dealing with nearly all types of pitta and kapha imbalances*
- Bitter and very cooling, usually combined with other herbs to offset its vata-aggravating qualities*
- Supports healthy skin and a clear complexion*
- Used to purify the blood, cleanse the liver and support the immune system*
- Helps maintain healthy blood glucose levels already within the normal range*

Herbal tablets that contain Neem leaf include: Blood Cleanse, HealThy Skin, Neem, Para Cleanse, Sweet Ease

Other products that contain Neem leaf include: Kapha Massage Oil, Mahanarayan Oil, Neem Oil, Neem Soap, Soothing Skin Balm, Neem Liquid Extract

2/3 cup jar (net 2.33 oz)	#7363	$5.95
1/2 lb bag	#7362	$10.95
1 lb bag	#7361	$18.95

Pippali fruit powder (Piper longum)

Rejuvenating herb that supports digestion & proper function of the respiratory system*

- Supports clear, comfortable breathing*
- Promotes a healthy liver and lungs*
- Supports digestion and a healthy metabolism*
- Nourishes the blood, nerves and reproductive tissues*

Herbal tablets that contain Pippali fruit include: Gokshuradi Guggulu, Healthy Kapha, Healthy Vata, Heart Formula, Immune Support, I Sleep Soundly, Joint Support, Kaishore Guggulu, Kanchanar Guggulu, Liver Formula, Lung Formula, Men's Support, Mental Clarity, Para Cleanse, Punarnavadi Guggulu, Stress Ease, Tranquil Mind, Trim Support, Triphala Guggulu, Vata Digest, Women's Cycle Ease, Yogaraj Guggulu

Other products that contain Pippali fruit include: Avipattikar pwd, Chyavanprash, Gokshuradi Guggulu pwd, Hingvastak pwd, Kaishore Guggulu pwd, Kanchanar Guggulu pwd, Punarnavadi Guggulu pwd, Sitopaladi pwd, Talisadi pwd, Trikatu pwd, Trim Balm, Triphala Guggulu pwd, Yogaraj Guggulu pwd

2/3 cup jar (net 3.66 oz)	#6943	$11.50
1/2 lb bag	#6942	$18.95
1 lb bag	#6941	$32.95

Psyllium/Sat Isabgol husk whole (Plantago psyllium)

Natural source of fiber that supports healthy elimination*

- Natural source of both soluble and insoluble dietary fiber*
- The soluble fiber becomes a mucilaginous substance when mixed with water that cleanses the GI tract of undigested food, fat, sugars and natural toxins*
- The insoluble fiber works as a bulking agent that helps provide a constant volume of solid material in the intestines irrespective of other aspects of the diet or condition of the gut*
- Promotes healthy, regular elimination of the bowels*
- Helps maintain healthy blood glucose and cholesterol levels already within the normal range*

1/2 lb bag	#7692	$11.50
1 lb bag	#7691	$19.95

Punarnava root powder (Boerhaavia diffusa)

Kapha-rejuvenating herb that promotes overall health and well-being*

- One of the best herbs for balancing and rejuvenating kapha*
- Supports proper function of the heart, liver and kidney*
- Promotes comfortable movement of the joints for those with kapha constitutions and imbalances*
- Supports healthy weight management, especially when one is prone to easily gaining weight*
- Promotes balanced fluid levels in the tissues and the healthy flow of urine*

Herbal tablets that contain Punarnava root include: Healthy Kapha, Heart Formula, Kidney Formula, Liver Formula, Punarnavadi Guggulu, Trim Support, Women's Cycle Ease, Women's Support

Other products that contain Punarnava root include: Breast Care Balm, Chyavanprash, Kapha Massage Oil, Mahanarayan Oil, Punarnavadi Guggulu pwd, Trim Balm

2/3 cup jar (net 2.85 oz)	#6953	$6.50
1/2 lb bag	#6952	$11.50
1 lb bag	#6951	$19.95

Punarnavadi Guggulu powder

Kapha-balancing formula for the kidneys, heart and joints*

- Detoxifying and rejuvenating formula that supports proper function of the heart and kidneys*
- Supports the elimination of fluids from the system and proper function of the urinary system*
- Punarnava, triphala and trikatu combine with guggulu to remove deep-seated kapha from the tissues*
- Supports healthy circulation of the lymph and blood while promoting comfortable movement of the joints*

Ingredients: Punarnava root+, Guggulu resin+, Eranda root+, Nishoth root+, Ginger root+, Guduchi stem+, Danti root+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+, Black Pepper fruit+, Chitrak root+, Bhallataka herb+

+Certified organic

2/3 cup jar (net 2.96 oz)	#7873	$18.95
1/2 lb bag	#7872	$42.95
1 lb bag	#7871	$74.95

Salt, Natural Mineral (rock salt)

Stimulates digestion and promotes a healthy appetite*

- In Ayurveda, the preferred salt for herbal formulations and cooking because it is easier to digest and does not cause water retention as readily as other types of salt*
- Enkindles the digestive fire and stimulates the appetite*
- Helps digest natural toxins and clear the subtle channels of the body*
- Has a calming effect on the nerves and emotions and helps to ground excess vata*

Herbal tablets that contain Salt include: Punarnavadi Guggulu, Vata Digest, Yogaraj Guggulu

Other products that contain Salt include: Hingvastak pwd, Mahanarayan Oil, Yogaraj Guggulu pwd

2/3 cup jar (net 6.72 oz)	#6653	$5.50
1 lb bag	#6651	$9.95

Shankhapushpi herb powder (Evolvulus alsinoides)

Supports a healthy nervous system and optimal brain function*

- An excellent herb for supporting proper function of the brain and nervous system*
- A powerful mental rejuvenative that bolsters memory and concentration*
- Calms the mind and supports mental health and emotional stability*
- Promotes healthy blood flow to the brain and is said to stimulate higher cerebral functions*
- Helps promote intelligence and creativity*

Herbal tablets that contain Shankhapushpi herb include: Mental Clarity, Women's Natural Transition

2/3 cup jar (net 2.13 oz)	#6983	$5.95
1/2 lb bag	#6982	$12.95
1 lb bag	#6981	$22.95

Shardunika leaf powder (Gymnema sylvestre)

Supports healthy blood glucose levels and proper function of the pancreas*

- Maintains healthy blood glucose levels already within the normal range*
- Supports the healthy production of insulin and the body's natural metabolic process*
- Promotes normal glucose tolerance and proper function of the pancreas*
- A little powder on the tongue dulls the taste buds to the sense of sweet, hence its name 'the killer of sweet'*
- Tempers sugar cravings and promotes a balanced appetite*

Herbal tablets that contain Shardunika leaf include: Sweet Ease

2/3 cup jar (net 2.64 oz)	#6963	$6.95
1/2 lb bag	#6962	$13.50
1 lb bag	#6961	$23.95

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Shatavari root powder (Asparagus racemosus)

Rejuvenative for vata and pitta that promotes vitality and strength*

- A nutritive tonic for men and women*
- Encourages the healthy production of milk in lactating mothers and the healthy production of semen in would be fathers*
- Promotes fertility, a healthy libido and proper function of the female reproductive system*
- Soothes and nurtures membranes of the lungs, stomach and kidneys*
- Calms the mind and is said to promote love and devotion*

Herbal tablets that contain Shatavari root include: Shatavari, Stress Ease, Women's Support, Women's Natural Transition, Women's Cycle Nourish

Other products that contain Shatavari root include: Beauty Balm, Chyavanprash, Mahanarayan Oil, Pitta Massage Oil, Shirodhara Oil, Shatavari Liquid Extract

2/3 cup jar (net 2.90 oz)	#6973	$7.50
1/2 lb bag	#6972	$13.50
1 lb bag	#6971	$23.95

Sitopaladi powder

Supports the proper function of the respiratory system and promotes well-being*

- Traditional Ayurvedic formula for bolstering the immune system and maintaining health and well-being*
- Removes excess vata, pitta and kapha from the head and chest*
- Promotes clear, healthy respiration*
- Promotes natural expectoration and healthy lungs and sinuses*
- 'Sitopala' means 'rock candy', an ingredient that soothes pitta and calms vata*
- 'Adi' means 'etcetera' and refers to the heating herbs and spices that help to enkindle the digestive fire and burn excess kapha*

Ingredients: Cane Sugar+, Banslochan stem extract+, Pippali fruit+, Cardamom seed+, Cinnamon bark+, Tapioca Starch+

+Certified organic

2/3 cup jar (net 3.25 oz)	#7573	$13.50
1/2 lb bag	#7572	$22.95
1 lb bag	#7571	$39.95

Talisadi powder

Supports the immune and respiratory systems and promotes well-being*

- A traditional Ayurvedic formula that contains the ingredients of Sitopaladi with the addition of talisa, black pepper and ginger*
- Like its counterpart it supports the immune system and overall health and well-being*
- Offers additional heat for enkindling the digestive fire and burning ama (natural toxins)*
- Talisa is an excellent herb for the lungs, making the formula especially good for supporting healthy respiration*
- Helps maintain a normal body temperature*
- Promotes abdominal comfort, absorption, and healthy stool formation*

Ingredients: Cane Sugar+, Banslochan stem extract+, Pippali fruit+, Ginger root+, Black Pepper fruit+, Talisa leaf, Cardamom seed+, Cinnamon bark+, Tapioca Starch+

+Certified organic

2/3 cup jar (net 3.25 oz)	#7583	$13.50
1/2 lb bag	#7582	$22.95
1 lb bag	#7581	$39.95

Trikatu powder (Kapha Digest)

Digestion formula for kapha*

- Its name means “three pungents” referring to the three fiery ingredients pippali, ginger and black pepper*
- Powerful heating formula traditionally used to enkindle the digestive fire and to effectively burn fat and natural toxins*
- Promotes a healthy metabolism and the proper digestion and assimilation of nutrients*
- Rejuvenating for kapha constitutions*
- Supports healthy lungs and uncongested breathing*

Ingredients: Ginger root+, Black Pepper fruit+, Pippali fruit+

+Certified organic

2/3 cup jar (net 3.12 oz)	#7543	$9.95
1/2 lb bag	#7542	$16.95
1 lb bag	#7541	$29.95

Triphala powder

Balancing formula for detoxification and rejuvenation*

- Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it*
- Supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems*
- Assists natural internal cleansing and removes excess vata, pitta and kapha from the body*
- Gently maintains regularity*
- Nourishes and rejuvenates the tissues*
- Supports healthy digestion and absorption*
- Natural antioxidant*
- Recommended and used more than any other Ayurvedic herbal formulation*
- Triphala means ‘three fruits’ as it is composed of the dried fruits of amalaki, bibhitaki and haritaki*
- Commonly taken as a daily supplement to help maintain balance of the doshas*

Ingredients: Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+

+Certified organic

2/3 cup jar (net 3.70 oz)	#7503	$7.50
1/2 lb bag	#7502	$9.95
1 lb bag	#7501	$17.95

Triphala Guggulu powder

Detoxification and support for metabolic function*

- Classic Ayurvedic preparation that combines the detoxifying and rejuvenating actions of triphala with the deeply penetrating and cleansing actions of guggulu*
- Supports healthy cholesterol levels that are already in the normal range*
- Particularly useful for weight management as it enkindles the digestive fire, promotes healthy metabolism and releases excess kapha from the system*
- Maintains overall health by helping to minimize the accumulation of toxins in the GI tract, blood and joints by supporting proper digestion and elimination*
- Effectively decongests the channels of the body and scrapes away deep-seated natural toxins from the tissues*

Ingredients: Guggulu resin+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+

+Certified organic

2/3 cup jar (net 4.17 oz)	#7883	$24.95
1/2 lb bag	#7882	$54.95
1 lb bag	#7881	$94.95

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Tulsi leaf powder (Ocimum sanctum)

Sacred plant that promotes optimal function of the lungs and heart*

- Removes excess kapha from the lungs and respiratory tract*
- Promotes clear, comfortable breathing and supports proper function of the lungs*
- Strengthens digestion and promotes healthy weight management*
- Supports healthy circulation and proper function of the heart*
- Bolsters the immune system and helps maintain a normal body temperature*
- Heightens awareness and promotes mental clarity*

Herbal tablets that contain Tulsi leaf include: Healthy Kapha, Lung Formula

Other products that contain Tulsi leaf include: Breast Care Balm, I Travel Well Liquid Extract, Kapha Massage Oil, Mahanarayan Oil, Vata Massage Oil, Tulsi Liquid Extract

2/3 cup jar (net 2.41 oz)	#6733	$5.95
1/2 lb bag	#6732	$12.50
1 lb bag	#6731	$21.95

Turmeric root powder (Curcuma longa)

Traditional cooking spice that promotes digestion and overall health and well-being*

- Cleanses the blood and promotes healthy skin and a clear complexion*
- Strengthens digestion, removes natural toxins and promotes healthy intestinal flora*
- Supports healthy blood glucose levels that are already within the normal range*
- Supports proper function of the heart and pancreas*
- Soothes and nourishes the joint tissues and promotes comfortable movement*

Herbal tablets that contain Turmeric root include: Blood Cleanse, Healthy Kapha, HealThy Skin, Immune Support, Joint Support, Sweet Ease, Women's Cycle Ease

Other products that contain Turmeric root include: I Travel Well Liquid Extract, Mahanarayan Oil, Turmeric Liquid Extract

2/3 cup jar (net 3.40 oz)	#6753	$6.95
1/2 lb bag	#6752	$9.95
1 lb bag	#6751	$17.95

Vasaka leaf powder (Adhatoda vasica)

Supports proper function of the lungs and healthy respiration*

- Supports clear, comfortable breathing*
- Promotes healthy bronchodilation and proper function of the lungs*
- Reduces excess pitta and kapha in the respiratory tract*
- Promotes sweating and helps remove excess pitta from the skin tissues*
- Supports healthy blood pressure already within the normal range*
- Nourishes the blood and supports the body's healthy response to bleeding*

Herbal tablets that contain Vasaka leaf include: Lung Formula

Other products that contain Vasaka leaf include: Chyavanprash

2/3 cup jar (net 2.09 oz)	#6773	$7.50
1/2 lb bag	#6772	$15.50
1 lb bag	#6771	$26.95

*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.

Vidanga fruit powder (Embelia ribes)

Bolsters the natural defenses of the GI tract*

- One of the best Ayurvedic herbs for supporting the body's natural defenses in the GI tract*
- Helps maintain a healthy digestive environment*
- Eliminates natural toxins from the GI tract, blood and lymph*
- Removes excess vata from the large intestine promoting intestinal comfort*
- Promotes a normal, healthy appetite and helps support proper weight management*

Herbal tablets that contain Vidanga fruit include: Joint Support, Para Cleanse, Trim Support, Yogaraj Guggulu

Other products that contain Vidanga fruit include: Avipattikar pwd, Mahanarayan Oil, Yogaraj Guggulu pwd

2/3 cup jar (net 3.00 oz)	#7653	$9.50
1/2 lb bag	#7652	$16.95
1 lb bag	#7651	$29.95

Vidari Kanda root powder (Ipomoea digitata)

A sweet, nutritive tonic that is a rejuvenative for vata and pitta*

- Supports proper function of the male and female reproductive systems*
- Nourishing aphrodisiac that supports fertility and vitality*
- Supports healthy lactation for nursing mothers and healthy production of semen in men*
- Nutritive tonic that promotes healthy muscle and nerve tissue*
- Strengthening and rejuvenating for seniors and those with vata constitutions*

Herbal tablets that contain Vidari Kanda root include: Healthy Vata, I Sleep Soundly, Men's Support, Mental Clarity, Tranquil Mind, Women's Cycle Ease, Women's Cycle Nourish, Women's Natural Transition, Women's Support

Other products that contain Vidari Kanda root include: Beauty Balm, Chyavanprash, Mahanarayan Oil

2/3 cup jar (net 3.34 oz)	#6993	$7.95
1/2 lb bag	#6992	$13.95
1 lb bag	#6991	$24.95

Yogaraj Guggulu powder

Vata-balancing formula for the joints, nerves and muscles*

- Powerful detoxifying and rejuvenating combination that has a special affinity for the musculoskeletal system*
- Supports comfortable movement of the joints and muscles*
- Rejuvenates and strengthens the skeletal and neuromuscular systems*
- Removes deep-seated vata from the tissues and promotes healthy elimination of natural toxins*
- Traditional Ayurvedic formula for people with excess vata in the nerves, muscles and joints*

Ingredients: Guggulu resin+, Musta root+, Chitrak root+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit and root+, Ajowan seed+, Vidanga fruit+, Gokshura fruit+, Black Cumin seed+, Ajamoda seed+, Cumin seed+, Deodara herb+, Chavya herb+, Cardamom seed+, Rasna herb+, rock salt, Coriander seed+, Ginger root+, Black Pepper fruit+, Cinnamon bark+, Ushira herb+, Yavakshar+, Talisa leaf, Tamalpatra leaf+, Talispatra leaf+, Tejpatra+

+Certified organic

2/3 cup jar (net 3.02 oz)	#7893	$24.95
1/2 lb bag	#7892	$56.95
1 lb bag	#7891	$99.95

Index

HERBAL TABLETS	ITEM#	PRICE EA	4+ EA
Amalaki (pg 22)	#1031	17.95	16.16
Ashwagandha (pg 22)	#1021	19.95	17.96
Blood Cleanse (pg 17)	#1211	19.95	17.96
Everyday Greens (pg 6)	#1261	29.95	26.96
Gokshuradi Guggulu (n/a)	#2011	24.95	22.46
Haritaki (pg 23)	#1041	17.95	16.16
Healthy Bones (pg 11)	#1381	19.95	17.96
Healthy Hair (pg 7)	#1241	19.95	17.96
Healthy Kapha (pg 31)	#1331	19.95	17.96
Healthy Pitta (pg 29)	#1321	19.95	17.96
HealThy Skin (pg 16)	#1341	19.95	17.96
Healthy Vata (pg 27)	#1311	19.95	17.96
Heart Formula (pg 20)	#1161	19.95	17.96
I Sleep Soundly (pg 14)	#1271	19.95	17.96
Immune Support (pg 4)	#1201	19.95	17.96
Joint Support (pg 18)	#1251	19.95	17.96
Kaishore Guggulu (pg 32)	#2021	24.95	22.46
Kanchanar Guggulu (n/a)	#2031	24.95	22.46
Kapha Digest (pg 31)	#1061	19.95	17.96
Kidney Formula (pg 20)	#1171	19.95	17.96
Liver Formula (pg 21)	#1181	19.95	17.96
Lung Formula (pg 21)	#1191	19.95	17.96

HERBAL TABLETS	ITEM#	PRICE EA	4+ EA
Men's Support (pg 12)	#1131	19.95	17.96
Mental Clarity (pg 15)	#1091	19.95	17.96
Neem (pg 23)	#1231	17.95	16.16
Para Cleanse (pg 19)	#1221	19.95	17.96
Pitta Digest (pg 29)	#1081	19.95	17.96
Punarnavadi Guggulu (pg 32)	#2041	22.95	20.66
Shatavari (pg 24)	#1011	19.95	17.96
Shilajit (pg 33)	#2101	24.95	22.46
Simhanad Guggulu (n/a)	#2051	22.95	20.66
Stress Ease (pg 6)	#1111	19.95	17.96
Sweet Ease (pg 19)	#1121	19.95	17.96
Tranquil Mind (pg 15)	#1101	19.95	17.96
Trim Support (pg 13)	#1151	19.95	17.96
Triphala (pg 3)	#1051	16.95	15.26
Triphala Guggulu (pg 33)	#2061	24.95	22.46
Turmeric (pg 24)	#1281	19.95	17.96
Vata Digest (pg 27)	#1071	18.95	17.06
Women's Cycle Ease (pg 9)	#1371	19.95	17.96
Women's Cycle Nourish (pg 9)	#1351	19.95	17.96
Women's Natural Transition (pg 10)	#1361	19.95	17.96
Women's Support (pg 8)	#1141	19.95	17.96
Yogaraj Guggulu (pg 33)	#2071	24.95	22.46

Stock up and Save: Buy 4 or more bottles of the same tablet and receive an additional 10% off.

BASE OIL	ITEM#	4 FL OZ	ITEM#	16 FL OZ	ITEM#	34 FL OZ	ITEM#	128 FL OZ
Almond Oil (pg 37)			#3104	12.95	#3101	19.95	#3102	59.95
Castor Oil (pg 37)	#3013	7.95	#3016	11.95				
Coconut Oil (pg 37)			#3264	9.95	#3261	(30 oz) 14.95	#3262	42.95
Sesame Oil (pg 37)			#3144	11.95	#3141	17.95	#3142	53.95
Sesame Oil, Refined (pg 37)			#3244	12.95	#3241	19.95	#3242	59.95
Sunflower Oil (pg 37)			#3274	9.95	#3271	14.95	#3272	42.95

HERBAL OIL	ITEM#	4 FL OZ	ITEM#	12 FL OZ	ITEM#	34 FL OZ	ITEM#	128 FL OZ
Ashwagandha/Bala Oil (pg 38)	#3203	10.95	#3205	21.95	#3201	39.95	#3202	120.00
Bhringaraj Oil (pg 38)	#3293	10.95	#3295	21.95	#3291	39.95	#3292	120.00
Brahmi Oil, coconut (pg 38)	#3303	10.95	#3305	21.95	#3301	(30 oz) 39.95	#3302	120.00
Brahmi Oil, sesame (pg 38)	#3423	10.95	#3425	21.95	#3421	39.95	#3422	120.00
Daily Massage Oil (pg 36)	#3493	12.95	#3495	25.95	#3491	47.95	#3492	136.00
Healthy Hair Oil (pg 7)	#3443	12.95	#3445	25.95	#3441	47.95	#3442	136.00
Kapha Massage Oil (pg 30)	#3373	10.95	#3375	21.95	#3371	39.95	#3372	120.00
Mahanarayan Oil (pg 18)	#3233	11.95	#3235	23.95	#3231	44.95	#3232	136.00
Neem Oil (pg 17)	#3313	10.95	#3315	21.95	#3311	39.95	#3312	120.00
Pitta Massage Oil (pg 28)	#3363	10.95	#3365	21.95	#3361	39.95	#3362	120.00
Shirodhara Oil					#3411	39.95	#3412	120.00
Sleep Easy Oil (pg 14)	#3483	12.95	#3485	25.95	#3481	47.95	#3482	136.00
Vata Massage Oil (pg 26)	#3353	10.95	#3355	21.95	#3351	39.95	#3352	120.00

LIQUID HERBAL EXTRACTS	ITEM#	PRICE EA.	4+ EA.
Amalaki (pg 35)	#2521	11.95	10.76
Arjuna (pg 35)	#2531	11.95	10.76
Ashwagandha (pg 35)	#2541	11.95	10.76
Bacopa (pg 35)	#2551	11.95	10.76
Brahmi/Gotu Kola (pg 35)	#2571	11.95	10.76
Ginger (pg 35)	#2561	11.95	10.76
Kutki (pg 35)	#2511	12.95	11.66

LIQUID HERBAL EXTRACTS	ITEM#	PRICE EA.	4+ EA.
Mucuna (Kapikacchu) (pg 35)	#2581	11.95	10.76
Neem (pg 35)	#2591	11.95	10.76
Shatavari (pg 35)	#2601	11.95	10.76
Triphala (pg 35)	#2611	11.95	10.76
Tulsi (pg 35)	#2621	11.95	10.76
Turmeric (pg 35)	#2631	11.95	10.76
I Travel Well (pg 5, 35)	#2641	12.95	11.66
7 Herb Energy (pg 35, back cover)	#2651	14.95	13.46

BALMS	ITEM#	PRICE EA.
Beauty Balm (pg 11)	#3581	21.95
Breast Care Balm (pg 11)	#3571	19.95
Joint Balm (pg 18)	#3531	19.95
Soothing Skin Balm (pg 17)	#3541	19.95
Trim Balm (pg 13)	#3521	21.95

MISCELLANEOUS	ITEM#	PRICE EA.
Chyavanprash (pg 4)	#5151	19.95
Nasya Oil (pg 5)	#3181	10.95
Tongue Cleaner (pg 39)	#5211	7.95
Nasal Rinse Cup (pg 39)	#8215	16.95

SOAPS	ITEM#	PRICE EA.
Cedar Eucalyptus Soap (pg 39)	#8521	6.95
Grapefruit Lemongrass Soap (pg 39)	#8531	6.95
Lavender Soap (pg 39)	#8561	6.95
Neem Soap (pg 39)	#8571	6.95
Peppermint Soap (pg 39)	#8581	6.95

CLEANSE KITS	ITEM#	PRICE EA.
Basmati Rice (pg 41)	#K1701	11.95
Cleanse Kit (pg 41)	#1700	69.95
Deluxe Cleanse Kit (pg 41)	#1750	108.00
Kitchari Kit (pg 41)	#1770	37.70
Ghee (pg 41)	#3165	11.95
Kitchari Spice Mix (pg 41)	#K1703	7.50
Mung Dal (pg 41)	#K1702	9.95

BULK HERBS & FORMULAS	ITEM #	2/3 CUP PRICE	ITEM#	1/2 LB PRICE	ITEM#	1 LB PRICE
Amalaki (pg 42)	#6813	7.50	#6812	12.50	#6811	21.95
Anantamul (pg 43)	#6823	8.50	#6822	17.50	#6821	30.95
Arjuna (pg 43)	#6833	8.50	#6832	12.95	#6831	22.95
Ashoka (pg 43)	#7603	7.50	#7602	12.95	#7601	22.95
Ashwagandha (pg 44)	#6083	8.00	#6082	12.50	#6081	21.95
Avipattikar (pg 44)	#7523	9.50	#7522	15.95	#7521	27.95
Bacopa (pg 44)	#6413	6.50	#6418	12.50	#6417	21.95
Bala (pg 45)	#7495	5.95	#7492	12.50	#7491	21.95
Bhringaraj (pg 45)	#6133	7.50	#6132	15.95	#6131	27.95
Bhumyamalaki (pg 45)	#6153	6.95	#6152	11.95	#6151	20.95
Bibhitaki (pg 46)	#6843	6.95	#6842	9.95	#6841	17.95
Bilva (pg 46)	#6853	7.95	#6852	13.50	#6851	23.95
Boswellia (pg 46)	#7613	14.50	#7612	22.95	#7611	39.95
Brahmi/Gotu Kola (pg 47)	#6363	7.95	#6362	15.95	#6361	27.95
Calamus (pg 47)	#6863	6.50	#6862	13.50	#6861	23.95
Cardamom (pg 47)	#6873	16.50	#6872	33.95	#6871	59.95
Chitrak (pg 48)	#7623	7.95	#7622	12.95	#7621	22.95
Cinnamon (pg 48)	#7463	5.95	#7462	7.95	#7461	12.95
Coriander powder (pg 48)	#6233	6.50	#6232	8.95	#6231	15.95
Coriander whole (pg 48)	#6243	5.50	#6242	8.50	#6241	14.95
Cumin powder (pg 49)	#6253	6.96	#6252	11.50	#6251	19.95
Cumin whole (pg 49)	#6263	5.95	#6262	10.50	#6261	18.95
Dashamula powder (pg 49)	#7553	9.95	#7552	19.50	#7551	33.95
Dashamula whole (pg 49)			#7562	17.50	#7561	30.95
Fennel pwd (pg 49)	#6313	6.50	#6312	8.95	#6311	15.95
Fennel whole (pg 49)	#6323	5.50	#6322	8.50	#6321	14.95
Ginger (pg 50)	#6343	7.50	#6342	11.50	#6341	19.95
Gokshura (pg 50)	#6883	6.50	#6882	11.50	#6881	19.95
Gokshuradi Guggulu (n/a)	#7143	15.95	#7142	33.95	#7141	59.95
Guduchi (pg 50)	#6893	6.50	#6892	11.95	#6891	20.95
Guggulu (pg 51)	#6383	19.95	#6382	43.50	#6381	75.95
Haritaki (pg 51)	#6903	6.95	#6902	9.95	#6901	17.95
Hawthorn Berry (pg 51)	#6403	9.95	#6402	15.50	#6401	26.95
Hibiscus (pg 52)	#6423	7.95	#6428	12.95	#6427	22.95
Hingvastak (pg 52)	#7513	9.95	#7512	15.50	#7511	26.95
Kaishore Guggulu (pg 52)	#7153	29.95	#7152	78.95	#7151	139.95
Kalmegh (pg 53)	#7003	7.50	#7002	12.95	#7001	22.95
Kanchanar Guggulu (n/a)	#7163	21.95	#7162	50.50	#7161	89.95
Kapikacchu (pg 53)	#6913	9.50	#6912	12.95	#6911	22.95
Kutaja (pg 53)	#7633	6.95	#7632	16.95	#7631	29.95
Kutki (pg 54)			#6492	45.50	#6491	79.95
Licorice (pg 54)	#6513	8.50	#6512	12.50	#6511	21.95
Manjista (pg 54)	#6923	7.95	#6922	15.50	#6921	26.95
Musta (pg 55)	#6933	6.50	#6932	11.50	#6931	19.95
Neem (pg 55)	#7363	5.95	#7362	10.95	#7361	18.95
Pippali (pg 55)	#6943	11.50	#6942	18.95	#6941	32.95
Psyllium/Sat Isabgol (pg 56)			#7692	11.50	#7691	19.95
Punarnava (pg 56)	#6953	6.50	#6952	11.50	#6951	19.95
Punarnavadi Guggulu (pg 56)	#7173	18.95	#7172	42.95	#7171	74.95
Salt, Natural mineral (pg 57)	#6653	5.50			#6651	9.95
Shankapushpi (pg 57)	#6983	5.95	#6982	12.95	#6981	22.95
Shardunika (pg 57)	#6963	6.95	#6962	13.50	#6961	23.95
Shatavari (pg 58)	#6973	7.50	#6972	13.50	#6971	23.95
Sitopaladi (pg 58)	#7573	13.50	#7572	22.95	#7571	39.95
Talisadi (pg 58)	#7583	13.50	#7582	22.95	#7581	39.95
Trikatu (pg 59)	#7543	9.95	#7542	16.95	#7541	29.95
Triphala (pg 59)	#7503	7.50	#7502	9.95	#7501	17.95
Triphala Guggulu (pg 59)	#7183	24.95	#7182	61.95	#7181	109.95
Tulsi (pg 60)	#6733	5.95	#6732	12.50	#6731	21.95
Turmeric (pg 60)	#6753	6.95	#6752	9.95	#6751	17.95
Vasaka (pg 60)	#6773	7.50	#6772	15.50	#6771	26.95
Vidanga (pg 61)	#7653	9.50	#7652	16.95	#7651	29.95
Vidari Kanda (pg 61)	#6993	7.95	#6992	13.95	#6991	24.95
Yogaraj Guggulu (pg 61)	#7193	24.95	#7192	64.95	#7191	115.95

All prices subject to change

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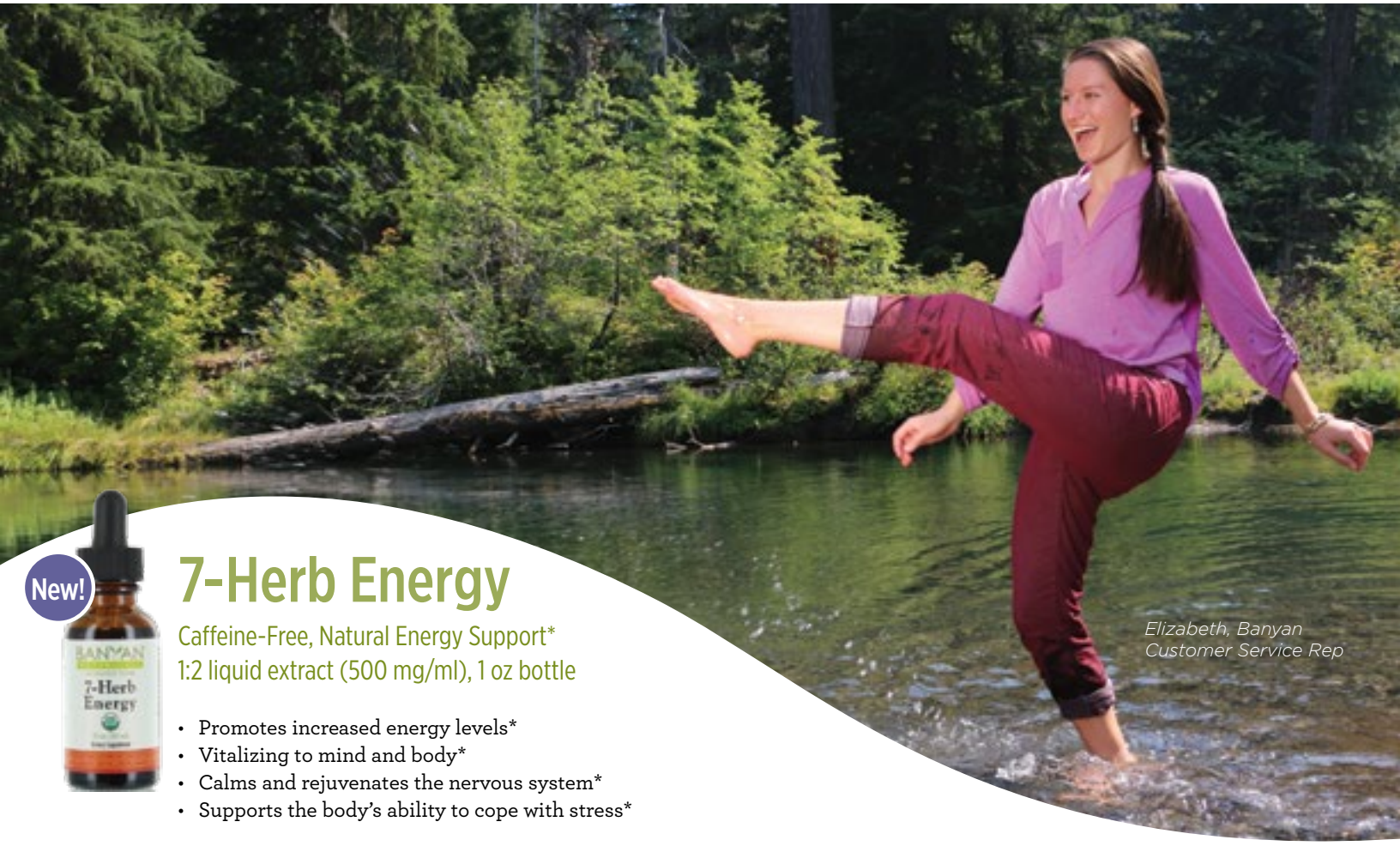

New!

7-Herb Energy

Caffeine-Free, Natural Energy Support*
1:2 liquid extract (500 mg/ml), 1 oz bottle

- Promotes increased energy levels*
- Vitalizing to mind and body*
- Calms and rejuvenates the nervous system*
- Supports the body's ability to cope with stress*

Elizabeth, Banyan Customer Service Rep

Commentary:

7-Herb Energy was developed out of a necessity for an added boost of energy that compliments healthy living. Like many of you, the Banyan team is constantly striving to balance the demands of work and family while still maintaining a healthy, active lifestyle. We eat wholesome foods, practice yoga, meditate, and do seasonal cleansing and rejuvenation. Yet we still often experience times of fatigue and stress where we could use some additional support, something that increases our prana and gives us that extra boost to be energized and aware for our everyday activities. We wanted it to be caffeine-free and to make use of some of our glorious herbal allies. 7-Herb Energy is the offspring of this desire. It combines the traditional Ayurvedic powerhouses ashwagandha, gokshura, and brahmi with the classic adaptogens American Ginseng and Red Chinese Ginseng. We love and benefit from its empowering effects and we hope you will too.

Ingredients:

Ashwagandha root*, American Ginseng root*, Red Chinese Ginseng root**, Gokshura fruit*, Brahmi/Gotu Kola herb*, Licorice root*, Ginger root*.

+Certified organic

*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.