



Supporting Your Ayurvedic Lifestyle

Certified Organic Herbs | Sustainably Sourced | Fairly Traded

# We are Passionate About Serving You

Banyan Botanicals was born out of a love of Ayurveda and a desire to serve the growing Ayurvedic community in the West. We work 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 passionate about sharing its timeless wisdom with our customers. Wisdom that has benefitted countless people for thousands of years and that has been profoundly transformative and healing for us personally.

Ayurveda is a holistic 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.

We offer a wide selection of Ayurvedic herbs and products. In doing so we are committed to supporting your health and that of the planet by providing herbs that are:

- USDA Certified Organic
- Sustainably Sourced
- Fairly Traded
- Free from chemicals, pesticides, irradiation, and GMOs
- Strictly tested for identification, heavy metal contamination, and microbiological contamination

We are grateful for the opportunity to serve you as you continue your journey toward optimal health and well-being.

Yours in Health,  
The Banyan Botanicals Team

## ON THE COVER

Banyan Ambassador, Alicia Diaz, founder of Ayurveda with Alicia



# LIGHTEN UP

Gentle daily detoxification with Triphala

 Alicia Diaz, author of the cookbook *Eating for Energy*

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## Triphala

Balancing Formula for Detoxification & Rejuvenation\*

\$16.95 / #1051 / 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\*

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),

photos: amalaki fruit, freshly harvested haritaki fruit



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**

\*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: dried gokshura fruit, kapikacchu flowers



## Stress Ease

Balancing Formula for Coping with Stress and Fatigue\*

**\$19.95** / #1111 / 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\*

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/Gotu Kola 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



photos: ashwagandha flower, gokshura fruit



## 7-Herb Energy

Caffeine-Free, Natural Energy Support\*

**\$14.95** / #2651 / 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\*

7-Herb Energy was developed out of a necessity for an added boost of energy that complements 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 leaf+, Licorice root+, Ginger root+. Other ingredients, from natural sources: non-gmo/gluten-free grain alcohol (47-57%), deionized water.

+Certified Organic



photos: vasaka leaves, fresh haritaki fruit



## Chyavanprash

Promotes Rejuvenation and Proper Function of the Immune System\*

**\$19.95** / #5151 / 9.4 oz bottle

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

Chyavanprash is a traditional Ayurvedic herbal jam, based on ancient recipes, and 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: brahmi/gotu kola leaf, eucalyptus leaves



## Nasya Oil

Nasal Drops for Clear Breathing

**\$10.95** / #3181 / 1 oz bottle

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

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/Gotu Kola leaf+, Calamus root+, Skullcap herb+, Eucalyptus essential oil+.

+Certified Organic



photos: ginger root, ashwagandha plant



## I Travel Well

NOW ALCOHOL FREE!

Supports the Body's Natural Ability to Adapt to the Stresses of Travel\*

\$12.95 / #2641 / 1:2 liquid extract (500 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\*

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 throughout 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+. Other ingredients, from natural sources: organic vegetable glycerin, deionized water.

+Certified Organic



photos: echinacea flower, cane sugar stalks



## Immune Support

Promotes Health & Supports Proper Function of the Immune System\*

\$19.95 / #1201 / 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\*

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 the 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



Banyan friend and customer, Kaitlin

## Throat Soother Herbal Spray

Supports Throat Comfort and Well-Being\*

\$13.95 / #2661 / 1 oz bottle

- Bolsters a healthy immune response in the throat area\*
- Rejuvenates the throat and promotes vocal clarity\*
- Helps eliminate excess kapha from the throat and nearby passages\*

The sensitive tissues of the throat often provide one of the first signs that the immune system is being stressed or is facing a challenge. Throat Soother was designed to support this vital organ of speech while simultaneously providing a boost to the immune system. Just a couple sprays provide a gentle, lubricating coat of the legendary throat-soothers slippery elm and licorice. Turmeric and clove further support the immune system and promote comfort while the bolstering warmth of ginger and fennel help to clear accumulated kapha standing in the way of your clear voice. Throat Soother is also great for singers,

photos: turmeric root, licorice root



See our New Herbal Syrup on the back cover!

public speakers, and anyone whose voice would benefit from added support during times of heavy use. This delightfully sweet spray is in an alcohol-free base of glycerin and honey.\*

### INGREDIENTS

Turmeric root+, Licorice root+, Fennel seed+, Ginger root+, Slippery Elm bark+, Clove bud+. Other ingredients, from natural sources: organic vegetable glycerin, deionized water, organic honey, organic Peppermint leaf essential oil.

+Certified Organic



Banyan friend and customer, Jennifer, yogi and actress

## Healthy Hair Tablets

Promotes Growth of Thick and Lustrous Hair\*

\$19.95 / #1241 / 500 mg tablets / 90 per bottle

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

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/Gotu Kola leaf+, Hibiscus flower+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

+Certified Organic

photos: hibiscus flower, bhringaraj flower



## Healthy Hair Oil

Healthy Hair Oil consists of a nutrient-rich base of sesame and coconut oils infused with powerful herbs renowned 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:	\$11.95	#3445	12 fl oz:	\$23.95
#3441	34 fl oz:	\$44.95	#3442	128 fl oz:	\$136.95



photos: chitrak root, vidanga plant



## Trim Support

Supports Proper Metabolic Function and Weight Management\*

\$19.95 / #1151 / 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\*

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+, Guggulu resin+, Bibhitaki fruit+, Haritaki fruit+, Amalaki fruit+, Musta root+, Brahmi/Gotu Kola leaf+, Ginger root+, Pippali fruit+, Black Pepper fruit+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

+Certified Organic



photos: punarnava flowers, chitrak flowers



## Trim Balm

With Chitrak and Guggulu

\$21.95 / #3521 / 4 oz jar

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

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+, Lavandin essential oil+, Clary Sage essential oil+.

+Certified Organic



Banyan Influencer, Kael Balizer, Ayurvedic practitioner, Vashon Island, WA



## Women's Support

Promotes Vitality, Strength & Proper Function of the Female Reproductive System\*

\$19.95 / #1141 / 500 mg tablets / 90 per bottle

- General support for all stages in a woman's life\*
- Maintains proper balance of female hormones\*
- Supports fertility and a healthy libido\*
- Supports regular and healthy menses\*

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

photos: shatavari plant, dried vidari root



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/Gotu Kola leaf+, Coriander seed+, Fennel seed+, Cardamom seed+, Aloe Vera juice+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide. **+Certified Organic**



photos: ashoka flowers, chitrak flowers



## Women's Cycle Ease

Balancing Formula for a Heavy (Kapha) Menstrual Cycle\*

\$19.95 / #1371 / 500 mg tablets / 90 per bottle

- Supports women with occasionally heavier menstrual flow\*
- Cleansing and detoxifying for a woman's reproductive system\*
- Promotes a regular, monthly cycle\*
- Supports a comfortable menses experience\*

Women's Cycle Ease is made with traditional Ayurvedic herbs that address the kapha 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. 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. Manjistha 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 menstrual cycle.\*

### INGREDIENTS

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



photos: gokshura fruit, musta plant



## Women's Cycle Nourish

Balancing Formula for a Scanty (Vata) Menstrual Cycle\*

\$19.95 / #1351 / 500 mg tablets / 90 per bottle

- Supports women with occasionally limited or scanty flow\*
- Nourishing and strengthening for a woman's reproductive system\*
- Promotes a regular, monthly cycle\*
- Supports a comfortable menses experience\*

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. This warming and soothing formula helps 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**



Banyan friend and customer, Farinaz

## Women's Natural Transition

Support for a Healthy Menopause and Beyond\*

\$19.95 / #1361 / 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\*

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. Vetiver and guduchi bring cooling and refreshing calm to any excess heat in the body, while brahmi/gotu kola and shankhapushpi refresh the mind,

photos: vidari root, shankhapushpi flower



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**



## Healthy Bones

Daily Support for Bone Health\*

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

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

\$19.95 / #1381 / 500 mg tablets / 90 per bottle

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

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

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

\$19.95 / #3571 / 4 oz jar

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

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

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

\$21.95 / #3581 / 4 oz jar

as a skin cream, eye cream, hand cream, lip balm, and a general moisturizer for everything from elbows and knees to cuticles. Basically it has become the go-to balm for anything that is 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.



Banyan Ambassador, Peter Crone, mind architect and pioneer of human potential



## Men's Support

Promotes Vitality, Strength & Proper Function of the Male Reproductive System\*

**\$19.95** / #1131 / 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\*

Men's Support is a rejuvenating formula for the male reproductive system. This nourishing blend helps maintain a healthy prostate and supports the normal unobstructed 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.\*

photos: gokshura flowers, kapikacchu flowers



### 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

## Mahanarayan Oil

For Muscles and Joints

#3233	4 fl oz:	<b>\$11.95</b>	#3235	12 fl oz:	<b>\$23.95</b>
#3231	34 fl oz:	<b>\$44.95</b>	#3232	128 fl oz:	<b>\$136.95</b>

Banyan's Mahanarayan Oil is based on an ancient recipe and contains thirty-three herbs that have been cooked into 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.



## Joint Support

Maintains Healthy Function of the Joints and Muscles\*

- 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\*

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



## 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

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



**\$19.95** / #1251 / 500 mg tablets / 90 per bottle

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

**\$19.95** / #3531 / 4 oz jar

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+.

+Certified Organic



photos: bhringaraj flower, fennel plant



## Tranquil Mind

Promotes Mental Calmness and Well-Being\*

\$19.95 / #1101 / 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\*

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/Gotu Kola leaf+, Ashwagandha root+, Vidari Kanda root+, Fennel seed+, Pippali fruit+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide.

+Certified Organic



NEW

Provides Mental Support When You Need to be Focused\*

For fast-acting, on demand support for healthy mental function, try our new Focus Liquid Extract in an alcohol-free base.\* **More info on page 36.**



photos: brahmi/gotu kola plant, bacopa flower



## Mental Clarity

Promotes Memory and Intelligence\*

\$19.95 / #1091 / 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\*

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/Gotu Kola leaf+, Bacopa leaf+, 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



Banyan friend and customer, Elizabeth

## I Sleep Soundly

Promotes Sound, Restful Sleep\*

\$19.95 / #1271 / 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\*

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

photos: passion-flower, chamomile flowers



## 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



Banyan friend and customer, Annie

## Healthy Skin

Natural Support for Clear & Radiant Skin\*

\$19.95 / #1341 / 500 mg tablets / 90 per bottle

- 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\*

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

photos: anantamul plant, dried turmeric root



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

## Neem Oil

Cooling and Soothing Skin Care

#3313	4 fl oz:	\$10.95	#3315	12 fl oz:	\$21.95
#3311	34 fl oz:	\$39.95	#3312	128 fl oz:	\$120.95

Neem Oil is the most cooling of all Ayurvedic oils and brings the powerful pitta soothing qualities of organic neem to a warm, lubricating base of organic sesame oil. With the cleansing and immune supportive properties of neem leaves cooked directly into this pacifying herbalized oil, Neem Oil is the best choice for pitta-related skin irritations.



## Blood Cleanse

Detoxification and Support for Healthy Blood\*

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

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.



## Soothing Skin Balm

With Neem & 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

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

\$19.95 / #1211 / 500 mg tablets / 90 per bottle

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

\$19.95 / #3541 / 4 oz jar

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



## Everyday Greens

A Nutrient-Rich Superfood for Health and Vitality\*

\$16.95 / #1261 / 500 mg tablets / 90 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\*

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

photos: dandelion flower, wheatgrass



supporting healthy immune function. It eliminates natural toxins, supports a balanced metabolism, and helps the body maintain its natural state of vitality.\*

### INGREDIENTS

Each tablet contains Spirulina+, Alfalfa Grass juice powder+, Barley Grass juice powder+, Wheat Grass juice powder+, Oat Grass juice powder+, Dandelion Greens powder+. Other ingredients, from natural sources: silicon dioxide.  
+Certified Organic



photos: vidanga plant, kutaja bark



## Para Cleanse

Maintains a Healthy Digestive Environment\*

\$19.95 / #1221 / 500 mg tablets / 90 per bottle

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

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



## Sweet Ease

Reduces Kapha & Promotes Healthy Blood Glucose Levels\*

\$19.95 / #1121 / 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\*

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



photos: bhumi-amalaki plants, kalmegh leaves



## Liver Formula

Supports Proper Function of the Liver\*

\$19.95 / #1181 / 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\*

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 Bhumi-amalaki 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



## Lung Formula

Supports Proper Function of the Lungs\*

\$19.95 / #1191 / 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\*

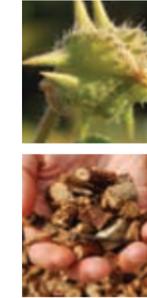
Lung Formula is a rejuvenating tonic designed to strengthen and support the respiratory system. This synergistic blend of herbs nourishes the lung tissue and bolsters the body's natural defenses. It is very useful for removing excess kapha from the lungs and sinuses. Containing bitter and pungent herbs 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: organic maltodextrin, silicon dioxide, organic tapioca starch. **+Certified Organic**



photos: gokshura fruit, dried guduchi stem pieces



## Kidney Formula

Supports Proper Function of the Kidneys and Adrenals\*

\$19.95 / #1171 / 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\*

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



## Heart Formula

Supports Proper Function of the Heart\*

\$19.95 / #1161 / 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\*

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/Gotu Kola 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**



# Embody Your True Potential

## The Ayurvedic 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](http://www.banyanbotanicals.com/optimalhealth). 

## Take the Quiz!

Visit [banyanbotanicals.com](http://banyanbotanicals.com) to find out your unique constitution.





Banyan friend and customer, Krista, yoga teacher



## 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:	\$120.95

READ MORE ABOUT BALANCING VATA AT BANYANBOTANICALS.COM

BALANCING VATA



## Healthy Vata

Balancing Formula for Vata\*

\$19.95 / #1311 / 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\*

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/Gotu Kola leaf+, Guduchi stem+, Kapikacchu seed+, Cardamom seed+, Pippali fruit+. Other ingredients, from natural sources: organic maltodextrin, silicon dioxide. **+Certified Organic**



## Vata Digest

Digestion Formula for Vata\*

\$18.95 / #1071 / 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\*

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, lac resin, silicon dioxide. **+Certified Organic**

# 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.

\*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 friend and customer, Michele Fife, Ayurvedic wellness counselor and yoga therapist



## 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:	\$120.95

# 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.

READ MORE ABOUT BALANCING PITTA AT [BANYANBOTANICALS.COM](http://BANYANBOTANICALS.COM)

BALANCING PITTA



photos: brahmi/  
gotu kola leaf, dried  
manjista root



## Healthy Pitta

Balancing Formula for Pitta\*

\$19.95 / #1321 / 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\*

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/Gotu Kola 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



## Pitta Digest

Digestion Formula for Pitta\*

\$19.95 / #1081 / 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\*

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.



Banyan Ambassador, Kathryn Templeton, yoga and Ayurvedic practitioner and psychotherapist



## 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:	\$120.95

## 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.



photos: fresh bibhitaki fruit, punarnava flowers



## Healthy Kapha

Balancing Formula for Kapha\*

\$19.95 / #1331 / 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\*

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**



photos: black pepper fruits, freshly harvested ginger root



## Kapha Digest

Digestion Formula for Kapha\*

\$19.95 / #1061 / 500 mg tablets / 90 per bottle

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

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**

## Amalaki

### Detoxification & Rejuvenation for Pitta\*

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

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

## Ashwagandha

### Rejuvenative for Vata and Kapha that Promotes Vitality and Strength\*

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

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,

## Haritaki

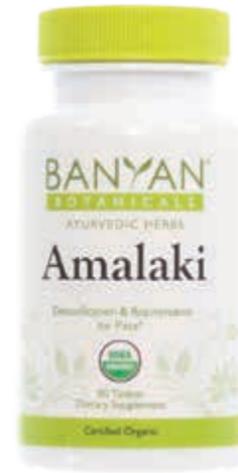
### Detoxification & Rejuvenation for Vata\*

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

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

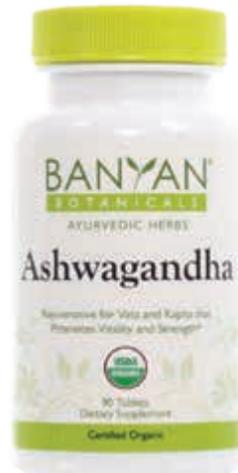
**\$17.95** / #1031 / 500 mg tablets / 90 per bottle

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.\*



**\$19.95** / #1021 / 500 mg tablets / 90 per bottle

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. 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.\*



**\$17.95** / #1041 / 500 mg tablets / 90 per bottle

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.\*



## Neem

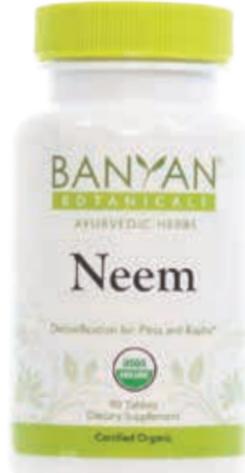
### Detoxification for Pitta and Kapha\*

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

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-

**\$17.95** / #1231 / 500 mg tablets / 90 per bottle

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.\*



## Shatavari

### Rejuvenative for Vata and Pitta that Promotes Vitality and Strength\*

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

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

**\$19.95** / #1011 / 500 mg tablets / 90 per bottle

“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.\*



## Turmeric

### Supports Digestion and Overall Health and Well-Being\*

- 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\*

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

**\$19.95** / #1281 / 500 mg tablets / 90 per bottle

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.\*



## Kaishore Guggulu

Pitta Balancing Formula for the Joints and Muscles\*

- 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\*

Kaishore Guggulu is the traditional Ayurvedic formula

\$24.95 / #2021 / 300 mg tablets / 90 per bottle

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.\*



## Triphala Guggulu

Detoxification and Support for Metabolic Function\*

- 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\*

This classic Ayurvedic preparation combines the detoxifying and rejuvenating actions of triphala with the deeply penetrating and cleansing actions of guggulu.

\$24.95 / #2061 / 300 mg tablets / 90 per bottle

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.\*



## Punarnavadi Guggulu

Kapha Balancing Formula for the Kidneys, Heart and Joints\*

- 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\*

Punarnavadi Guggulu is a traditional Ayurvedic formula for balancing kapha in the kidneys, heart, and joints. It

\$22.95 / #2041 / 300 mg tablets / 90 per bottle

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.\*



## Yogaraj Guggulu

Vata Balancing Formula for the Joints, Nerves & Muscles\*

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

Yogaraj Guggulu is the traditional Ayurvedic formula for balancing vata in the joints, nerves, and muscles. It

\$24.95 / #2071 / 300 mg tablets / 90 per bottle

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.\*



## Shilajit

Promotes Rejuvenation and Detoxification\*

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

Shilajit is a natural mineral substance that exudes from the rocks in the Himalaya during the heat of the summer.

\$24.95 / #2101 / 300 mg tablets / 90 per bottle

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.\*





photos: coriander flowers, cardamom flower



## Easy Digest

Powerful Support for Healthy Digestion\*

\$12.95 / #2671 / 1:2 liquid extract (500 mg/ml) / 1 oz bottle

- Supports healthy digestion, absorption, and assimilation\*
- Eases occasional gas and bloating\*
- Promotes post-meal intestinal comfort\*
- Stimulates a healthy and balanced appetite\*

Occasional gas, bloating, and post-meal intestinal discomfort are such common experiences for many people that they may be overlooked as signs from the body that the digestive fire is weak and working suboptimally. While it might not be the first thing you think of when supporting your health, strong digestion is central to any Ayurvedic wellness program. Proper digestion, absorption, and assimilation are needed to supply the body with the energy it takes to heal and function properly. Whereas when digestion is weak, not only is the body going to lack nourishment but the system can become clogged and unnecessarily burdened by undigested material. Easy Digest is a powerful and appetizing blend of herbs that supports the digestive process. It can be used before meals to stoke the appetite and enkindle the digestive fire and it can also be taken after eating to promote a comfortable post-meal experience. As a liquid extract it is easy to carry with you and easy to take. Easy Digest really does make it easy to support your overall health and well-being.\*

### INGREDIENTS

Coriander seed+, Fennel seed+, Anise seed+, Licorice root+, Cardamom seed+, Peppermint leaf+, Celery seed+, Gentian root+, Ginger root+. Other ingredients, from natural sources: organic grain alcohol (45-55%), deionized water.

+Certified Organic



photos: bacopa flower, shankha-pushpi flower



## Focus

ALCOHOL FREE!

Provides Mental Support When You Need to be Focused\*

\$12.95 / #2681 / 1:2 liquid extract (500 mg/ml) / 1 oz bottle

- Promotes calm and concentrated mental activity\*
- Supports cognitive function during stressful situations\*
- Promotes awareness and mental acuity\*

Mental focus is the art of placing and holding your concentrated attention on one thing or act at a time. In these days of perpetual texting, continuous social media streams, the instant news cycle and hypertasking, the concept of focusing almost seems nostalgic. Yet, the ability to focus is critical to both peace of mind and to achieving your goals. Whether you are studying, working, meditating or just need a mental boost, this herbal formulation can help you get centered and stay on point. Brahmi/gotu kola, bacopa and ginkgo, headline an all-star cast of herbs that have been used for centuries to promote healthy cognitive function and to support awareness and concentration. It's our go-to liquid extract around the Banyan offices when we have challenging projects, are up against deadlines, during meetings and even before yoga breaks. It is our hope that Focus will assist you in realizing your highest aspirations.\*

### INGREDIENTS

Brahmi/Gotu Kola leaf+, Bacopa herb+, Shankhapushpi herb+, Ginkgo leaf+, Licorice root+, Fennel seed+. Other ingredients, from natural sources: organic vegetable glycerin, deionized water.

+Certified Organic



### Amalaki

\$11.95 / #2521

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.\*



### Bacopa

\$11.95 / #2551

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



### Kutki

\$12.95 / #2511

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



### Shatavari

\$12.95 / #2601

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



### Turmeric

\$11.95 / #2631

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



### Arjuna

\$12.95 / #2531

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



### Brahmi/Gotu Kola

\$11.95 / #2571

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



### Mucuna (Kapikacchu)

\$12.95 / #2581

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.\*



### Triphala

\$11.95 / #2611

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



### I Travel Well

\$12.95 / #2641

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 6.



### Ashwagandha

\$11.95 / #2541

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



### Ginger

\$11.95 / #2561

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



### Neem

\$11.95 / #2591

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.\*



### Tulsi

\$11.95 / #2621

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.\*



### 7-Herb Energy

\$14.95 / #2651

Promotes increased energy levels and supports the body's ability to cope with stress.\* See more on page 4.

# 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](http://www.banyanbotanicals.com/selfmassage).

## Daily Massage Oil

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 simultaneously penetrating and soothing effect. The traditional cooking process then brings together powerful Ayurvedic herbs like guduchi to soothe and rejuvenate; bala to strengthen; and arjuna and tulsi to invigorate, promote circulation, and support the lymphatic system. 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

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



## Vata, Pitta, & Kapha Massage Oils

If you are seeking to balance a specific dosha or support a specific aspect of your constitution select from our vata, pitta, and kapha massage oils. If you don't know your Ayurvedic constitution and current state of balance, take the quizzes on our website at [banyanbotanicals.com](http://banyanbotanicals.com).

# 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:	\$120.95

### COCONUT OIL BASE:

#3303	4 fl oz:	\$10.95	#3305	14.5 fl oz:	\$24.95
#3301	34 fl oz:	\$39.95	#3302	128 fl oz:	\$120.95

For a deep, restful sleep, consider Sleep Easy Oil, which also contains brahmi and bacopa. See page 17.



# 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:	\$120.95

Bhringaraj is also used in Healthy Hair Oil—a great oil for promoting thick and lustrous hair! See page 8.



# Ashwagandha Bala Oil

Organic ashwagandha and bala in a base of organic sesame 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:	\$120.95

To support comfortable joint movement and soothe pain and stiffness consider Mahanarayan Oil, which also contains ashwagandha and bala. See page 15.



# 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.

#3265	14.5 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, 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



Balms are an easy and convenient way to apply herbs directly to the skin. The oil bases act as carriers that allow the healing benefits of the herbs to be absorbed deep into the tissues. All of our balms are made by hand in our Albuquerque facility using the finest ingredients. The herbs are slowly cooked into the base oils (may include ghee and beeswax) using traditional methods and then blended with pure, all-natural essential oils.

# Cleanse Simply

## The Why, How, and When of Ayurvedic Cleansing at Home

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 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, which is what we describe here.

### How to do a Cleanse

Just a few easy steps form the foundation of your cleansing experience:

#### 1. Mono Diet

Kitchari for breakfast, lunch, and dinner. Kitchari is considered a nutritionally whole food. Made from rice and yellow mung dal, this very basic Ayurvedic combination is considered one of the easiest foods to digest, allowing the digestive system to rest and reset while giving your tissues nourishment and sustenance. It is important to have cooked, easy to digest foods during a cleanse because this allows the body to turn its attention from breaking down your food to actually mobilizing and getting rid of toxic



## Kitchari Recipe

### Ingredients:

- 1 cup basmati rice
- 1/2 cup mung dal
- 3 teaspoons kitchari spice mix
- 2 tablespoons ghee
- 6 cups water
- 1 - 2 cups chopped vegetables (optional)

### Preparation:

Wash rice and mung dal and soak overnight. Drain soak water.

In a medium saucepan warm the ghee. Add the kitchari spice mixture and sauté for one to two minutes. Add rice and mung beans and sauté for another couple of minutes. Then add 6 cups of water and bring to a boil. Once the kitchari has come to a boil reduce the heat to medium-low. Cover and cook until it is tender (approx. 30-45 minutes). If you are adding vegetables to your kitchari, add the longer cooking vegetables such as carrots and beets halfway through the cooking. Add the vegetables that cook faster such as leafy greens near the end. Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. Garnish with fresh cilantro and add salt to taste (optional).



\$7.50 / #K1703 / 3.5 oz bag

Made with 97% organic ingredients, this traditional spice mix helps stimulate your digestive fire so you can absorb all the wholesome goodness from your food. The spice mix includes mustard seeds, cumin seeds, ginger, turmeric, natural mineral salt, and asafoetida and is intended to be added to rice and dal when you prepare kitchari.



of an herbal detox tea. If you want, you can make it at home with fresh spices like cumin, coriander, fennel, and fresh ginger.

Leave at least 5 hours between meals. This affords ample time for digestion and allows the body to remove the toxic stores that have been tucked away in the tissues for long periods of time. For this reason, try to avoid snacking. If you are ravenously hungry, go ahead and have a snack that incorporates the same ingredients as the kitchari, and eat a larger portion at your next sitting to hold you over between meals. You may find that this gets easier with time.

## 2. Self-Oil Massage

This incredibly nourishing treat for yourself also serves a vital role in the cleansing process. It helps mobilize toxins from the tissues while also calming the nervous system so that the body can move from stress-fighting functions to rejuvenating functions. Only in the parasympathetic rest and relax paradigm can the cells repair themselves, bringing healing to the body and a renewed state of well-being.

Using warm oil is key in the massage, as this allows the oil to more deeply penetrate

and nourish the tissues. Plus it feels good!

Read how to do a self-massage on page 38.

## 3. Triphala

The final key for any cleanse is to, well, CLEANSE! A gentle home cleanse does not have to include harsh purgatives. The most important thing is to give the body the opportunity to flush the toxins with regular, healthy bowel movements. Triphala helps gently support this type of cleansing while also being a powerful source of anti-oxidants. It rejuvenates the tissues, leaving you feeling lighter and revitalized.

Take 2 tablets at bedtime. Alternately, if you prefer the traditional method of powder, take ½ tsp at bedtime with warm water, or steep in hot water at bedtime and drink in the morning. Adjust your dose as needed according to your body's response.

## When to do a Cleanse

Ayurveda traditionally recommends cleansing at natural transition points, such as the change of seasons. As the body shifts gears to adjust to the changes in the environment, a cleanse supports a gentle removal of the buildup from the passing

## Deluxe Ayurvedic Cleanse Kit

\$108.00 / #1750 / Retail value \$133.00

### THE KIT CONTAINS

All the items in the *Ayurvedic Cleanse Kit* (below) plus: 1 jar Organic Chyavanprash, 1 bottle Organic Nasya Oil, 1 Nasil Rinse Cup, 1 Tongue Cleaner

## Ayurvedic Cleanse Kit

\$69.95 / #1700 / Retail value \$77.20

This kit was created 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 16oz bottle of Organic Sesame Oil, 1 7.5oz jar Organic Ghee, 1 box Organic Detox Tea

season, allowing the body to more easily adapt to the incoming season.

However, a gentle home cleanse can be done at almost any time that suits your schedule, whenever you feel the need to reset your digestion and remove toxicity. Make time to allow yourself to slow down and experience the benefits of the cleanse, rather than maintaining a hectic, stressful daily routine that may have contributed to the toxic build-up in the first place.

If you are new to cleansing and just want to give this a try, you can start with a mini one-day cleanse. Even this is enough to give your digestive system a break, boosting the immune system, balancing doshas and removing unwanted residue. If you are ready to really experience the benefits of the home cleanse, commit to a three- to seven-day process, following the same routine on a daily

basis. Add some gentle yoga and journaling to deepen your cleansing experience and to gain insight into your healing process. During this time, you may feel ups and downs, but stay with it, and you will definitely experience the uplifting benefits by the end—in body, mind, and spirit.

## Post-Cleanse

Once you have finished the cleanse, gently and consciously reintroduce activities into your daily routine, as quickly jumping back into your previous habits will be a shock to the system, rapidly re-building toxins and imbalancing doshas.

Take some time to re-introduce other elements back into your normal diet, waiting a few extra days if you can to have heavier foods like dairy and meat. If there are previous habits that you know weren't serving

your health, now is a great time to let them go. And if you found portions of the cleanse beneficial, like the self-massage or triphala, feel free to incorporate them into your longterm daily routine.

The days that follow a cleanse are a great time to start taking rejuvenating herbs and formulas like ashwagandha and Chyavanprash. They will continue to nourish the system and bolster energy and vitality. Take ashwagandha before bed (2 tablets or ½ tsp boiled in a cup of milk with sweetener to taste). One or two teaspoons of Chyavanprash can be taken most anytime up to two times daily.

To read more about cleansing, download our Ebook at [www.banyanbotanicals.com/cleanse\\_ebook](http://www.banyanbotanicals.com/cleanse_ebook). Enjoy your renewed sense of health and well-being! 🍋



## Organic Ghee

\$11.95 / #3165 / 7.5 oz (212 g)

Ayurveda considers ghee 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, grass-fed, and pastured. Enjoy its delightful taste and aroma as a spread, or use it in place of oil and butter in your favorite recipes.

## Kitchari Kit

\$37.70 / #1770

### 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

## Organic Basmati Rice

\$11.95 / #K1701 / 3.15 lb bag

## Organic Mung Dal

\$9.95 / #K1702 / 1.63 lb bag



## Nasal Rinse Cup

\$16.95 / #8215

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.

## Tongue Cleaner

\$7.95 / #5211

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.





# 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 1/2 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 (Emblca officinalis)

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

2/3 cup jar / #6813 / \$7.50    1/2 lb bag / #6812 / \$12.50    1 lb bag / #6811 / \$21.95

- 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, Daily Swish

## Anantamul root powder (Hemidesmus indicus)

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

2/3 cup jar / #6823 / \$8.50    1/2 lb bag / #6822 / \$17.50    1 lb bag / #6821 / \$30.95

- 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

## Arjuna bark powder (Terminalia arjuna)

Traditional rejuvenative and tonic for the heart\*

2/3 cup jar / #6833 / \$8.50    1/2 lb bag / #6832 / \$12.95    1 lb bag / #6831 / \$22.95

- 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, Daily Massage Oil, Mahanarayan Oil

## Ashoka bark powder (Saraca indica)

Traditional uterine tonic that supports healthy menstruation\*

2/3 cup jar / #7603 / \$7.50    1/2 lb bag / #7602 / \$12.95    1 lb bag / #7601 / \$22.95

- 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

## Ashwagandha root powder

(Withania somnifera)

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

2/3 cup jar / #6083 / \$8.00    1/2 lb bag / #6082 / \$12.50    1 lb bag / #6081 / \$21.95

- 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, Ashwagandha liquid extract, Beauty Balm, Chyavanprash, I Travel Well liquid extract, Joint Balm, Shirodhara Oil, Mahanarayan Oil, Vata Massage Oil, 7-Herb Energy liquid extract



## Avipattikar powder

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

2/3 cup jar / #7523 / \$9.50    1/2 lb bag / #7522 / \$15.95    1 lb bag / #7521 / \$27.95

- 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 support 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



## Bacopa herb powder

(Bacopa monnieri)

Rejuvenative for the mind and nervous system\*

2/3 cup jar / #6413 / \$6.50    1/2 lb bag / #6418 / \$12.50    1 lb bag / #6417 / \$21.95

- 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, Focus liquid extract



## Bala root powder

(Sida cordifolia)

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

2/3 cup jar / #7495 / \$5.95    1/2 lb bag / #7492 / \$12.50    1 lb bag / #7491 / \$21.95

- 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, Daily Massage Oil, Mahanarayan Oil, Vata Massage Oil



## Bhringaraj leaf powder

(Eclipta alba)

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

2/3 cup jar / #6133 / \$7.50    1/2 lb bag / #6132 / \$15.95    1 lb bag / #6131 / \$27.95

- 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, I Sleep Soundly, Liver

Formula, Mental Clarity, Tranquil Mind

**Other products that contain Bhringaraj include:** Bhringaraj Oil, Daily Massage Oil, Healthy Hair Oil, Sleep Easy Oil, Shirodhara Oil, Vata Massage Oil



## Bhumyamalaki herb powder

(Phyllanthus amarus)

Detoxifies and strengthens the liver\*

2/3 cup jar / #6153 / \$6.95    1/2 lb bag / #6152 / \$11.95    1 lb bag / #6151 / \$20.95

- 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



## Bibhitaki fruit powder (Terminalia belerica)

Detoxification and rejuvenation for kapha\*

2/3 cup jar / #6843 / \$6.95    1/2 lb bag / #6842 / \$9.95    1 lb bag / #6841 / \$17.95

- 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, Kancharan 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, Daily Swish, Gokshuradi Guggulu pwd, Joint Balm, Kaishore Guggulu pwd, Kancharan Guggulu pwd, Punarnavadi Guggulu pwd, Trim Balm, Triphala pwd, Triphala Guggulu pwd, Yogaraj Guggulu pwd



## Bilva fruit powder (Aegle marmelos)

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

2/3 cup jar / #6853 / \$7.95    1/2 lb bag / #6852 / \$13.50    1 lb bag / #6851 / \$23.95

- 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



## Boswellia resin powder (Boswellia serrata)

Supports proper function of the joints\*

2/3 cup jar / #7613 / \$14.50    1/2 lb bag / #7612 / \$22.95    1 lb bag / #7611 / \$39.95

- 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 Support

**Ingredients:** Boswellia resin+, Rice hull concentrate+ (natural anti-caking agent)  
**+Certified organic**



## Brahmi/Gotu Kola leaf powder (Centella asiatica)

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

2/3 cup jar / #6363 / \$7.95    1/2 lb bag / #6362 / \$15.95    1 lb bag / #6361 / \$27.95

- 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\*

- Renowned 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, Focus liquid extract, I Travel Well liquid extract, Mahanarayan Oil, Nasya Oil, Pitta Massage Oil, Shirodhara Oil, 7-Herb Energy liquid extract



## Calamus root powder (Acorus calamus)

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

2/3 cup jar / #6863 / \$6.50    1/2 lb bag / #6862 / \$13.50    1 lb bag / #6861 / \$23.95

- 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



## Cardamom seed powder (Elettaria cardamomum)

A common kitchen spice that supports healthy digestion\*

2/3 cup jar / #6873 / \$16.50    1/2 lb bag / #6872 / \$33.95    1 lb bag / #6871 / \$59.95

- 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,

Kancharan Guggulu, Lung Formula, Mental Clarity, Pitta Digest, Stress Ease, Women's Support, Yogaraj Guggulu

**Other products that contain Cardamom include:** Avipattikar pwd, Chyavanprash, Easy Digest liquid extract, Kancharan Guggulu pwd, Mahanarayan Oil, Sitopaladi pwd, Talisadi pwd, Yogaraj Guggulu pwd



## Chitrak root powder

(Plumbago zeylanica)

Supports proper digestion and a healthy body weight\*



**2/3 cup jar** / #7623 / \$7.95    **1/2 lb bag** / #7622 / \$12.95    **1 lb bag** / #7621 / \$22.95

- 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

## Cinnamon bark powder

(Cinnamomum cassia)

Renowned household spice that supports healthy digestion\*



**2/3 cup jar** / #7463 / \$5.95    **1/2 lb bag** / #7462 / \$7.95    **1 lb bag** / #7461 / \$12.95

- 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:** Kanchanar Guggulu, Lung Formula, Pitta Digest, Women's Cycle Ease, Yogaraj Guggulu

**Other products that contain Cinnamon include:** Sitopaladi pwd, Talisadi pwd, Yogaraj Guggulu pwd

## Coriander seed powder/whole

(Coriandrum sativum)

A cooling household spice that promotes healthy digestion\*



**POWDER**  
**2/3 cup jar** / #6233 / \$6.50    **1/2 lb bag** / #6232 / \$8.95    **1 lb bag** / #6231 / \$15.95

**WHOLE**  
**2/3 cup jar** / #6243 / \$5.50    **1/2 lb bag** / #6242 / \$8.50    **1 lb bag** / #6241 / \$14.95

- 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:** Easy Digest liquid extract, Pitta Massage Oil, Yogaraj Guggulu pwd

## Cumin seed powder/whole

(Cuminum cyminum)

Common cooking spice that promotes healthy digestion\*



**POWDER**  
**2/3 cup jar** / #6253 / \$6.95    **1/2 lb bag** / #6252 / \$11.50    **1 lb bag** / #6251 / \$19.95

**WHOLE**  
**2/3 cup jar** / #6263 / \$5.95    **1/2 lb bag** / #6262 / \$10.50    **1 lb bag** / #6261 / \$18.95

- 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

## Dashamula powder/whole

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



**POWDER**  
**2/3 cup jar** / #7553 / \$9.95    **1/2 lb bag** / #7552 / \$19.50    **1 lb bag** / #7551 / \$33.95

**WHOLE**  
**1/2 lb bag** / #7562 / \$17.50    **1 lb bag** / #7561 / \$30.95

- 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**

## Fennel seed powder/whole

(Foeniculum vulgare)

Aromatic spice that supports healthy digestion\*



**POWDER**  
**2/3 cup jar** / #6313 / \$6.50    **1/2 lb bag** / #6312 / \$8.95    **1 lb bag** / #6311 / \$15.95

**WHOLE**  
**2/3 cup jar** / #6323 / \$5.50    **1/2 lb bag** / #6322 / \$8.50    **1 lb bag** / #6321 / \$14.95

- 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, Daily Swish, Easy Digest liquid extract, I Travel Well liquid extract, Mahanarayan Oil

## Ginger root powder (Zingiber officinale)

Supports overall health, wellness, and comfort\*

**2/3 cup jar** / #6343 / \$7.50    **1/2 lb bag** / #6342 / \$11.50    **1 lb bag** / #6341 / \$19.95

- 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:** Bronchial Support, Easy Digest liquid extract, Ginger liquid extract, Hingvastak pwd, I Travel Well liquid extract, Mahanarayan Oil, Talisadi pwd, Throat Soother, Trikatu pwd, Trim Balm, 7-Herb Energy liquid extract



## Gokshura fruit powder (Tribulus terrestris)

Supports proper function of the urinary tract and prostate\*

**2/3 cup jar** / #6883 / \$6.50    **1/2 lb bag** / #6882 / \$11.50    **1 lb bag** / #6881 / \$19.95

- 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



## Guduchi stem powder (Tinospora cordifolia)

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

**2/3 cup jar** / #6893 / \$6.50    **1/2 lb bag** / #6892 / \$11.95    **1 lb bag** / #6891 / \$20.95

- 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, Daily Massage Oil, Daily Swish, Joint Balm, Mahanarayan Oil, Pitta Massage Oil, Soothing Skin Balm



## Guggulu purified resin powder (Commiphora mukul)

Support for deep cleansing and rejuvenation of the tissues\*

**2/3 cup jar** / #7723 / \$33.95    **1/2 lb bag** / #7722 / \$85.95    **1 lb bag** / #7721 / \$149.95

- 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\*
- Renowned 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

**Ingredients:** Guggulu resin+, Silicon dioxide +Certified organic



## Haritaki fruit powder (Terminalia chebula)

Detoxification & rejuvenation for vata\*

**2/3 cup jar** / #6903 / \$6.95    **1/2 lb bag** / #6902 / \$9.95    **1 lb bag** / #6901 / \$17.95

- 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, Bronchial Support, Chyavanprash, Daily Swish, Gokshuradi Guggulu pwd, Joint Balm, Kaishore Guggulu pwd, Kanchanar Guggulu pwd, Punarnavadi Guggulu pwd, Trim Balm, Triphala pwd, Women's Natural Transition, Yogaraj Guggulu pwd



## Hawthorn Berry powder (Crataegus laevigata)

Helps to maintain cardiovascular health\*

**2/3 cup jar** / #6403 / \$9.95    **1/2 lb bag** / #6402 / \$15.50    **1 lb bag** / #6401 / \$26.95

- 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



## Hibiscus flower powder

(Hibiscus sabdariffa)

Promotes physical and spiritual purification\*

2/3 cup jar / #6423 / \$7.95    1/2 lb bag / #6428 / \$12.95    1 lb bag / #6427 / \$22.95

- 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

Other products that contain Hibiscus flower include: Healthy Hair Oil



## Hingvastak powder

(Vata Digest)

Digestion formula for vata\*

2/3 cup jar / #7513 / \$9.95    1/2 lb bag / #7512 / \$15.50    1 lb bag / #7511 / \$26.95

- 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



## Kaishore Guggulu powder

Pitta balancing formula for the joints and muscles\*

2/3 cup jar / #7853 / \$29.95    1/2 lb bag / #7852 / \$78.95    1 lb bag / #7851 / \$139.95

- 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+, Silicon dioxide  
+Certified organic



## Kalmegh herb powder

(Andrographis paniculata)

Supports proper function of the liver and the immune system\*

2/3 cup jar / #7003 / \$7.50    1/2 lb bag / #7002 / \$12.95    1 lb bag / #7001 / \$22.95

- 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



## Kapikacchu seed powder

(Mucuna pruriens)

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

2/3 cup jar / #6913 / \$9.50    1/2 lb bag / #6912 / \$12.95    1 lb bag / #6911 / \$22.95

- 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



## Kutaja bark powder

(Holarrhena antidysenterica)

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

2/3 cup jar / #7633 / \$6.95    1/2 lb bag / #7632 / \$16.95    1 lb bag / #7631 / \$29.95

- 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 powder include: Para Cleanse



## Kutki root powder

(Picrorhiza kurroa)

Classic Ayurvedic herb for cleansing and toning the liver\*

2/3 cup jar / #6493 / \$7.95    1/2 lb bag / #6492 / \$45.50    1 lb bag / #6491 / \$79.95

- 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

**Note:** 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. We pursued this goal for 7 years and it has given 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.

**Herbal tablets that contain Kutki include:** Women’s Cycle Ease

**Other products that contain Kutki include:** Kutki liquid extract



## Licorice root powder

(Glycyrrhiza glabra)

Nourishing tonic that supports proper function of the respiratory system\*

2/3 cup jar / #6513 / \$8.50    1/2 lb bag / #6512 / \$12.50    1 lb bag / #6511 / \$21.95

- 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, Bronchial Support, Easy Digest liquid extract, Soothing Skin Balm, Vata Massage Oil, 7-Herb Energy liquid extract



## Manjista root powder

(Rubia cordifolia)

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

2/3 cup jar / #6923 / \$7.95    1/2 lb bag / #6922 / \$15.50    1 lb bag / #6921 / \$26.95

- 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



## Musta root powder

(Cyperus rotundus)

Supports regular, comfortable menstruation and promotes healthy digestion\*

2/3 cup jar / #6933 / \$6.50    1/2 lb bag / #6932 / \$11.50    1 lb bag / #6931 / \$19.95

- 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 Cycle Nourish,

Women’s Support, Yogaraj Guggulu

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



## Neem leaf powder

(Azadirachta indica)

Detoxification for pitta and kapha\*

2/3 cup jar / #7363 / \$5.95    1/2 lb bag / #7362 / \$10.95    1 lb bag / #7361 / \$18.95

- 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 liquid extract, Neem Oil, Neem Soap, Soothing Skin Balm



## Pippali fruit powder

(Piper longum)

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

2/3 cup jar / #6943 / \$11.50    1/2 lb bag / #6942 / \$18.95    1 lb bag / #6941 / \$32.95

- 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 Nourish, Yogaraj Guggulu

**Other products that contain Pippali fruit include:** Avipattikar pwd, Bronchial Support, 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



## Psyllium/Sat Isabgol husk whole (Plantago psyllium)

Natural source of fiber that supports healthy elimination\*

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

- 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\*



## Punarnava root powder (Boerhaavia diffusa)

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

2/3 cup jar / #6953 / \$6.50    1/2 lb bag / #6952 / \$11.50    1 lb bag / #6951 / \$19.95

- One of the best herbs for balancing and rejuvenating kapha\*
- Supports proper function of the heart, liver, and kidneys\*
- 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



## Punarnavadi Guggulu powder

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

2/3 cup jar / #7873 / \$18.95    1/2 lb bag / #7872 / \$42.95    1 lb bag / #7871 / \$74.95

- 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: Guggulu resin+, Ginger rhizome+, Punarnava root+, Eranda root+, Nishoth stem+, Castor Oil+, Silicon dioxide, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+, Black Pepper fruit+, Chitrak root+, Bhallataka fruit+, Guduchi stem+  
+Certified organic



## Salt, Natural Mineral (rock salt)

Stimulates digestion and promotes a healthy appetite\*

2/3 cup jar / #6653 / \$5.50    1 lb bag / #6651 / \$9.95

- 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: Vata Digest, Yogaraj Guggulu

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



## Shankhapushpi herb powder (Evolvulus alsinoides)

Supports a healthy nervous system and optimal brain function\*

2/3 cup jar / #6983 / \$5.95    1/2 lb bag / #6982 / \$12.95    1 lb bag / #6981 / \$22.95

- 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

Other products that contain Shankhapushpi include: Focus liquid extract



## Shardunika leaf powder (Gymnema sylvestre)

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

2/3 cup jar / #6963 / \$6.95    1/2 lb bag / #6962 / \$13.50    1 lb bag / #6961 / \$23.95

- 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 powder include: Sweet Ease



## Shatavari root powder (Asparagus racemosus)

Rejuvenative for vata and pitta that promotes vitality and strength\*

**2/3 cup jar** / #6973 / \$7.50    **1/2 lb bag** / #6972 / \$13.50    **1 lb bag** / #6971 / \$23.95

- 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 Cycle Nourish,

Women's Natural Transition, Women's Support

**Other products that contain Shatavari root include:** Beauty Balm, Chyavanprash, Mahanarayan Oil, Pitta Massage Oil, Shirodhara Oil, Shatavari liquid extract



## Sitopaladi powder

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

**2/3 cup jar** / #7573 / \$13.50    **1/2 lb bag** / #7572 / \$22.95    **1 lb bag** / #7571 / \$39.95

- 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**



## Talisadi powder

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

**2/3 cup jar** / #7583 / \$13.50    **1/2 lb bag** / #7582 / \$22.95    **1 lb bag** / #7581 / \$39.95

- 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**



## Trikatu powder (Kapha Digest)

Digestion formula for kapha\*

**2/3 cup jar** / #7543 / \$9.95    **1/2 lb bag** / #7542 / \$16.95    **1 lb bag** / #7541 / \$29.95

- 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\*

**Herbal tablets that contain Trikatu powder include:** Kapha Digest

**Ingredients:** Ginger root+, Black Pepper fruit+, Pippali fruit+  
**+Certified organic**



## Triphala powder

Balancing formula for detoxification and rejuvenation\*

**2/3 cup jar** / #7503 / \$7.50    **1/2 lb bag** / #7502 / \$9.95    **1 lb bag** / #7501 / \$17.95

- 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**



## Triphala Guggulu powder

Detoxification and support for metabolic function\*

**2/3 cup jar** / #7883 / \$24.95    **1/2 lb bag** / #7882 / \$61.95    **1 lb bag** / #7881 / \$109.95

- 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+, Silicon dioxide  
**+Certified organic**



## Tulsi leaf powder

(Ocimum sanctum)

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



**2/3 cup jar** / #6733 / \$5.95    **1/2 lb bag** / #6732 / \$12.50    **1 lb bag** / #6731 / \$21.95

- 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, Bronchial Support, Daily Massage Oil, I Travel Well liquid extract, Kapha Massage Oil, Vata Massage Oil, Tulsi liquid extract

## Turmeric root powder

(Curcuma longa)

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



**2/3 cup jar** / #6753 / \$6.95    **1/2 lb bag** / #6752 / \$9.95    **1 lb bag** / #6751 / \$17.95

- 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\*

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, Throat Soother

**Herbal tablets that contain Turmeric root include:** Blood Cleanse, Healthy Kapha, HealThy Skin,

## Vasaka leaf powder

(Adhatoda vasica)

Supports proper function of the lungs and healthy respiration\*



**2/3 cup jar** / #6773 / \$7.50    **1/2 lb bag** / #6772 / \$15.50    **1 lb bag** / #6771 / \$26.95

- 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:** Bronchial Support, Chyavanprash

## Vidanga fruit powder

(Embelia ribes)

Bolsters the natural defenses of the GI tract\*



**2/3 cup jar** / #7653 / \$16.95    **1/2 lb bag** / #7652 / \$29.95    **1 lb bag** / #7651 / \$51.95

- 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

## Vidari Kanda root powder

(Ipomoea digitata)

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



**2/3 cup jar** / #6993 / \$7.95    **1/2 lb bag** / #6992 / \$13.95    **1 lb bag** / #6991 / \$24.95

- 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\*

Cycle Nourish, Women's Natural Transition, Women's Support

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

**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

## Yogaraj Guggulu powder

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



**2/3 cup jar** / #7893 / \$24.95    **1/2 lb bag** / #7892 / \$64.95    **1 lb bag** / #7891 / \$115.95

- 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\*

fruit+, Chavya fruit+, Deodara bark+, Coriander seed+, Cardamom fruit+, Gokshura root+, Cumin seed+, Clove flower+, Black Pepper fruit+, Musta root+, Rasna root+, Ginger root+, Talisapatra leaf+, Cinnamon bark+, Vetiver root+, Vidanga fruit+, Yavani seed+, Barley ash+, Rock Salt  
+Certified organic

**Ingredients:** Guggulu resin+, Silicon dioxide, Pippali fruit and root+, Bibhitaki fruit+, Chitrak root+, Ajamoda seed+, Amalaki fruit+, Haritaki

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## 4 WAYS TO ORDER

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**3. BY FAX**  
1.541.488.9527, (credit card orders only)

**4. BY MAIL**  
Banyan Botanicals  
6705 Eagle Rock Ave NE  
Albuquerque, NM 87113

**SHIPPING & HANDLING**  
Per Continental U.S. Address

SUBTOTAL	CHARGE
\$15.00 or less	\$3.00
\$15.01 - \$25.00	\$5.95
\$25.01 - \$50.00	\$6.95
\$50.01 - \$100.00	\$7.95
\$100.01 - \$150.00	\$8.95
\$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.

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### 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 with packing paper made with recycled content to help protect your order during shipping.



## Daily Swish

For Healthy Teeth and Gums

- Supports overall oral health and hygiene
- Removes natural toxins from the mouth
- Moisturizes the mouth
- Freshens the breath

Holding oil in the mouth and gently “swishing” or “pulling” it back and forth through the teeth is an excellent way to support overall oral health and hygiene. Based on ancient Ayurvedic healing techniques, this simple practice has been receiving quite a bit of attention in the media lately as a way to remove plaque, whiten teeth, and support healthy gum and mouth tissue. Daily Swish is a combination of sesame

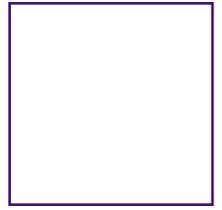
\$14.95 / #3453 / 8 oz bottle

and coconut oils infused with Ayurvedic herbs traditionally used to support healthy teeth and gums. The herbalized oil is flavored with a refreshing blend of peppermint and spearmint essential oils that leave your mouth feeling sparkling clean. Incorporate oil pulling into your daily routine and experience the fresher and healthier mouth that more and more people are raving about.

### INGREDIENTS

Refined Sesame oil+, Coconut oil+, Guduchi+, Fennel+, Amalaki+, Haritaki+, Bibhitaki+, Peppermint essential oil+, Spearmint essential oil+.

+Certified Organic



CUSTOMER #:

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## Bronchial Support Herbal Syrup

Promotes Bronchial Calm and Comfort\*

- Supports respiratory tract well-being\*
- Supports the healthy elimination of mucus\*
- Strengthens and rejuvenates the respiratory system\*

The use of soothing syrups to promote bronchial comfort and wellness is something long-shared by both East and West. The primary ingredient of our all-natural herbal syrup is the Ayurvedic herb *vasaka*, which has been used in this form for hundreds of years to promote the healthy and comfortable function of the respiratory tract. Combined with *tulsi*, *pippali*, and other traditional lung rejuvenatives, Bronchial Support is a powerful immune boosting formulation that makes a great addition to any herbal medicine cabinet. This alcohol-free syrup is in a base of organic honey and

**\$14.95** / #2701 / 4 oz bottle

glycerin and is flavored with a tasty touch of raspberry. Bronchial Support is a suitable herbal ally for both children and adults.\*

### INGREDIENTS

Malabar Nut Tree leaf+, Licorice root+, Tulsi leaf+, Ginger root+, Wild Cherry bark+, Haritaki fruit+, Pippali fruit+, Menthol crystals+. Other ingredients, from natural sources: organic vegetable glycerin, deionized water, organic honey, Raspberry natural flavor. +Certified Organic

 See our New  
Throat Soother  
on page 7!