

Research Review: Which Herb is for What? A Merging of Traditional Uses and Modern Research

Amla

(*Phyllanthus emblica*)

Helps Build Up the Body's Own Natural Defense System

- A nutritive super herb used for thousands of years to support the heart, liver, and vitality
- Emblicanins A and B are unique antioxidants, that support immune efforts and help rid the body of cell damaging free-radicals
- Supports detoxification and every aspect of digestion from the stomach to the lower intestines
- Amla is the key ingredient in the famous formula called "Chyavanprash", known as the "elixir of life"

Arjuna

(*Terminalia arjuna*)

Cardiac and Blood Pressure Support

- Supports the normal oxygenation of heart muscles, important to fortify a normal heart rate
- Supports normal blood pressure already within normal limits, linked with longevity and overall wellness
- Considered by many to be the most significant cardiovascular tonic in herbal history with thousands of years of safe, effective use

Ashwagandha

(*Withania somnifera*)

Anti-Stress, Energy, Exhaustion, and Mood Support

- One of the prized adaptogenic herbs used effectively for over 2,500 years
- Supports energy without stimulating the heart
- Supports normal cortisol levels and stress-related eating behaviors
- Reinforces the thyroid gland and supports normal thyroid hormone levels

Bacopa

(*Bacopa monnieri*)

Mental Alertness, Memory and Mood

- Supports mood, memory, focus, and attention span
- Promotes learning and problem-solving abilities
- Promotes alert daytime learning by calming the preoccupied mind

Bitter Melon

(*Momordica charantia*)

Glycemic Support

- When used as part of your diet, Bitter Melon supports normal blood sugar levels already within the normal range and also supports how sugar is stored in the body—linked with cardiovascular wellness, energy, and weight management
- Promotes normal pancreatic function
- Has been shown to protect the kidneys from free-radical damage

Boswellia

(Boswellia serrata)

Joint and Connective Tissue Support

- Supports the normal function of joints and connective tissues
- Supports flexibility and normal range of movement within the body
- Supports circulation of key immune compounds in the blood and joint

Chyavanprash

(Combination)

Daily Whole-Body Tonic for Energy and Well-Being

- History's original super food, a combination of 40 herbs thought to be one of the oldest recorded herbal medicine formulas
- Promotes calm and sustained energy levels for increased vitality and general immune wellness
- Traditionally used in a jam form to promote daily wellness, to replenish energy, and for healthy longevity

Garlic

(Allium sativum)

Coronary and Immune Support

- Has 3000 mcg of allicin per each two caplet serving
- One of the most versatile plants in herbalism, used throughout history as a tonic for the entire body
- Has key plant compounds that support immune efforts in the heart, blood, and GI system
- Supports normal cholesterol levels already within normal limits and already normal elasticity of the arteries

Garcinia

(Garcinia cambogia)

Weight Control

- Supports feelings of satiety and fullness to reduce occasions of overeating
- Has hydroxycitric acid (HCA), that can support normal fat and carbohydrate metabolism for natural body weight
- Supports the normal conversion of stored fat into energy

Ginger

(Zingiber officinale)

Digestive Comfort

- Provides digestive comfort for anyone, including travelers or those eating exotic or unusual foods
- Historically used to relieve nausea and upset stomach
- Supports normal thickness of the blood and cholesterol levels that are already within the normal range

Guggul

(Commiphora mukul)

Cholesterol, Cardiovascular, Joint and Thyroid Support

- Promotes normal cardiovascular wellness by supporting cholesterol and triglycerides levels already within normal limits in the blood, an important indicator for cardiovascular wellness

- Plays a supportive role in the conversion of thyroid hormones T4 into T3 also called the 'active thyroid hormone' relating to weight management and energy

Gymnema

(*Gymnema sylvestre*)

Known as the "Sugar Destroyer"

- Used as part of your diet to support normal blood sugar already within the normal range and reduce sugar cravings
- Reinforces the efforts of the pancreas to store sugar in the muscles for later use as energy

Holy Basil

(*Ocimum sanctum*)

Stress, Emotional Well-Being and Relaxation

- India's most famous broad-spectrum immune herb called the 'incomparable one'
- Supports the adrenal glands, which release cortisol, thereby supporting a healthy response to stress

Licorice

(*Glycyrrhiza glabra*)

Gastric, Adrenal and Respiratory Support

- Supports normal secretions from the stomach that protect sensitive tissues from digestive acids
- Supports and aides digestion by reducing sensitivity in the lower intestine
- Supports the mucus membranes in the respiratory tree to promote normal breathing

Mucuna

(*Mucuna pruriens*)

Nervine and Mood Tonic

- Supports dopamine, an important compound for mood, libido, and muscle coordination
- Supports tranquility and overall relaxation
- Promotes deep, normal and restful sleep for better wakefulness during the day

Neem

(*Azadirachta indica*)

For Mild Acne

- Used for over 4,500 years, Neem is traditionally called 'the holy tree' and has over 135 active constituents
- Supports the body's normal ability to purify the blood, as well as the skin for improved luster and clarity
- Promotes overall detoxification by supporting normal lymphatic function
- Supports normal immune cell efforts to sustain overall wellness

Shatavari

(*Asparagus racemosus*)

Most Famous Female Tonic

- A prized adaptogen used for thousands of years as a female reproductive tonic
- Promotes normal menstrual cycles and menopausal transitions
- Balances endocrine system, which plays a role in stress-response, mood, adrenal, and thyroid function
- Supports an overall cooling effect most appreciated during menopause

Tribulus

(Tribulus terrestris)

Urinary Support

- Supports urinary tract functions to promote the natural elimination of urine
- Promotes the normal efforts of the kidneys

Trikatu

(Combination)

Gastric Support and Comfort

- Traditionally used to 'awaken digestion' in the upper digestive system
- Promotes normal digestive function including the production of lipase, the enzyme responsible for breaking down dietary fat
- Used to support the body's own natural response to occasional digestive sluggishness

Triphala

(Combination)

Intestinal Support and Comfort

- One of the most famous formulas of the Indian medical system for supporting normal function of the lower digestive system
- Supports normal detoxification of the intestinal tract and normal bowel movements
- Used traditionally for occasional bloating, sluggish digestion, and food sensitivities

Turmeric

(Curcuma longa)

Antioxidant Activity and Joint Support

- The antioxidants in Turmeric support normal cell growth
- Shows support of normal protective activities in the brain and nervous system
- Promotes circulation and immune activity around the joints and muscles
- Clinically studied for efficacy and safety in a double-blind, placebo-controlled human clinical trial