

Product	Ayurvedic	Wt.	Amount	Description
Safed Musli	X	500 mg	60 vegicaps	Safed Musli is a very powerful aphrodisiac agent with no side effects. It may help enhance male potency and overcome signs of fatigue. It also improves the quantity and flow of milk for lactating mothers. It is a rejuvenative tonic for both men and women.
Senna	X	500 mg	60 vegicaps	Senna is most well-known for its ability as a laxative. It may be used to help combat constipation. Senna should not be used by pregnant or nursing women. Do not take for more than 1 week as frequent or prolonged use may result in dependence.
Shilajit	X	500 mg	60 caps	Shilajit has been extremely famous as a natural ayurvedic nutritional supplement and acts as an aphrodisiac agent. It is also one of the best anti-aging remedy, regulates blood sugar levels, purifies blood, improves functioning of pancreas and strengthens digestion.
Tribulus	X	500 mg	60 vegicaps	Tribulus is claimed to increase the body's natural testosterone level. It is also ideal for bodybuilders and those desiring to maximize sports performance, libido and sexual performance.
Triphala	X	750 mg	60 vegicaps	Triphala used to improve digestive health, which helps heal the body from indigestion, constipation, bowel irregularity and other digestive troubles. It acts as a mild laxative.
Tulsi	X	500 mg	60 vegicaps	Tulsi is good for common colds, coughs, and flu. According to Ayurveda, Tulsi promotes purity and lightness in the body, cleansing the respiratory tract of toxins and relieving digestive gas and bloating.
Turmeric (Haldi)	X	500 mg	60 vegicaps	Turmeric is a powerful antioxidant. It is anti-inflammatory, purifies the blood and acts as an antibacterial for intestinal flora.
Valerian	X	450 mg	60 caps	Valerian extract helps improve sleep quality, promote relaxation and improve stress symptoms.
Vasak	X	500 mg	60 vegicaps	Vasak is an herbal supplement which may help normalize lung function. It is beneficial in conditions of the respiratory tract, cold, cough, chronic bronchitis and asthma.
Valerian	X	450 mg	60 caps	Clinical trials have been performed with valerian root and have found both subjective and objective improvements in emotional tension disturbances and sleep quality
Vasak	X	500 mg	60 vegicaps	Highly efficacious supplement for acute catarrhal condition of the respiratory tract, obstruction of respiration, cough with sneezing, severe dyspnoea with cough



Ayurvedic Products Catalog



30982 Huntwood Ave., Suite 208,
Hayward, CA 94544, U.S.A.

Tel: (510) 477-9116 Fax: (510) 477-9187

Toll Free: 1-866-836-9888

www.nutritionbest.com • www.bestnutrition.com

www.diabetea.com • www.gymnema.com

www.gugul.com • www.ayurvedicsupplements.com

Product	Ayurvedic	Wt.	Amount	Description
Aloe Vera	X	500 mg	60 vegicaps	Aloe Vera is excellent at regulating the immune system. It contains enzyme that helps stimulate digestion. Its antibacterial properties help speed up the healing of skin injuries.
Amla	X	500 mg	60 vegicaps	Amla may be used as a rasayana (rejuvenative tonic) to promote longevity and aids digestion. Its antioxidant properties help fight free radical damage and support healthy aging.
Amrit Chyavanprash	X	300 gm		Chyavanprash is used as energy booster, rejuvenator, health tonic. It helps remove physical and mental weakness caused by any reason.
Anantamul	X	500 mg	60 vegicaps	Anantamul helps stimulate the flow of bile and remove toxins from the body. It is a tonic, diuretic, demulcent, disphoretic and blood purifier.
Arjuna	X	500 mg	60 vegicaps	Arjuna has been used for centuries in Ayurvedic medicine. Bark of Arjuna tree has been found to be rich in Co-enzyme Q-10 which help support cardiovascular health. It may help to lower systolic blood pressure level.
Ashok	X	500 mg	60 vegicaps	Ashok is used for menstrual disorders associated with abnormal bleeding, pain and congestion. It is the best tonic for women.
Ashwagandha	X	500 mg	100 capsules	Ashwagandha plant has been used in Ayurvedic medicine for centuries as an aphrodisiac, to remedy general weakness and exhaustion, as well as for its stress-relieving qualities.
Bael Golden Apple	X	500 mg	60 vegicaps	Bael has been shown to help in the healing of ulcerated intestinal surfaces. Bael fruit is popularly used in diarrhea, dysentery, and has digestive and carminative properties.
Bittermelon (Karela)	X	500 mg	60 vegicaps	Bittermelon (Momordica Charantia) has been traditionally used to regulate blood sugar levels within the normal limits. It may also help maintain healthy cholesterol levels.
Boswellia	X	500 mg	60 vegicaps	Boswellia may reduce pain and boost physical functioning in people with arthritis, asthma and inflammatory bowel diseases. Boswellia helps shrink inflamed tissues (the underlying cause of pain) by improving the blood supply to the affected area.
Brahmi	X	500 mg	60 caps	Brahmi (Bacopa Monnieri) may be used as a brain tonic to support memory, learning, and concentration. The herb is also a powerful rejuvenator that assists with mental activity, brain functioning and overcoming feelings of nervousness or restlessness.

Product	Ayurvedic	Wt.	Amount	Description
Cinnamon	X	500 mg	60 vegicaps	Cinnamon helps boost cellular glucose metabolism, maintain healthy blood sugar levels and regulates healthy cholesterol balance.
Gotu Kola	X	500 mg	60 vegicaps	Gotu Kola is a rejuvenative nervine recommended for nervous disorders, including epilepsy, senility, insomnia and premature aging. As a brain tonic, it helps enhance intelligence and memory while strengthening the adrenal glands.
Guduchi	X	500 mg	60 vegicaps	Guduchi helps support the normal function of the immune system by maintaining optimal levels of white blood cells. It is regarded as a liver protector, thus, helpful in treating liver damage, viral hepatitis and alcohol, medical or chemical poisoning.
Gugulipid	X	500 mg	60 vegicaps	Guggul has been used for centuries to support healthy lipid and cholesterol levels.
Haritaki	X	500 mg	60 vegicaps	Haritaki is recommended for improving bowel movement and overcoming constipation. It is a mild laxative that helps to cleanse the colon and improve the functioning of the gastrointestinal tract.
Licorice	X	500 mg	60 vegicaps	Licorice has long been known for its ability to soothe respiratory inflammation. It is mostly used as a demulcent (soothing agent) in the digestive and urinary tracts, to help with cough and to soothe the sore throat.
Moringa (Mallunggay)	X	500 mg	60 vegicaps	Moringa is very rich in Vitamins A, B, C & the minerals iron & potassium. It is a complete protein source containing essential amino acids as well as coenzymes and antioxidants which can contribute to overall health.
Methi (Fenugreek)	X	500 mg	60 vegicaps	Methi seeds extract is rich in vitamins and beneficial in the treatment of indigestion, flatulence and increase the flow of milk for breastfeeding mothers.
Mucuna	X	100 mg	60 vegicaps	Mucuna is a traditional nervine tonic used to support normal function of the brain and reproductive system. It is a natural source of amino acid (L-Dopa) which converts into dopamine in the body. It has been used to increase sexual desire and ability.
Neem	X	500 mg	60 vegicaps	Neem helps detoxify the body and purify the blood. It promotes healthy hair and skin.
Psyllium Husk	X	100 gm		Psyllium Husk is an excellent natural source of dietary fiber that increases bowel regularity and aids the digestive system. Psyllium Husk is also thought to be effective in lowering LDL levels (low density lipoprotein). Excess LDL builds up in your arteries and may lead to heart disease.