



Supporting Your Ayurvedic Lifestyle

CERTIFIED ORGANIC HERBS

SUSTAINABLY SOURCED

FAIRLY TRADED

2020 PRODUCT CATALOG

FREE SHIPPING
ON ORDERS OVER \$60!



Certified



Corporation

We Are Passionate About Serving You

Welcome to the Banyan Botanicals 2020 catalog. If you are reading this, you are likely seeking to support your health and well-being and perhaps feel that Ayurveda and Banyan can assist you on this journey. Fantastic! You are absolutely in the right place, as our mission is to do just that. For over 23 years, we have been serving a growing community of people who are embracing Ayurvedic wisdom as a foundation for a healthy lifestyle.

We have also built solid, trusting, long-term relationships with our herb suppliers and are committed to trading fairly with the farmers that are growing, caring for, and harvesting the herbs. For us, the health and well-being of the plants, the environment, and the people we work with are every bit as important as our own health and the health of the people we serve.

This year, we are excited to announce we are now a Certified B Corporation®, joining the movement of businesses working as a force for good. To learn about our recent initiatives, we invite you to visit our website and read our annual Social and Environmental Responsibility Report, which takes a closer look at our commitments to our communities, our plants, and our environment.

We are grateful and honored to have this opportunity to serve you, and we sincerely hope you enjoy your experience with us.

Yours in Health,
Kevin Casey
Co-Founder & CEO

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

Our Catalog

Our catalog is printed on Influence matte paper, an FSC®-certified paper with 10% post-consumer recycled content. This paper is made from trees grown in responsibly managed forests. The catalog is printed using soy, seal-approved inks on an energy-efficient press and 100% wind power.



ON THE COVER

Chelsee, vata-kapha type, dancer, dreamer, and Banyan friend



Triphala

Balancing Formula for Detoxification & Rejuvenation*

#1051 | 500 mg tablets | 90 per bottle | \$17.99

#1451 | 500 mg tablets | 180 per bottle | \$29.99

- 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.*

Each tablet contains Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+. Other ingredients, from natural sources: organic rice flour, organic gum acacia. +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.

Our Commitment to People & Planet

Why We Became a Certified B Corporation®

Ayurveda acknowledges that the health of the individual is reflected in the health of the collective. As an Ayurvedic company, we strive to make sure our impact leads to ever greater harmony with nature as we care for the earth, act to protect plants and habitats, and support communities throughout. These commitments aren't an option—they're built in to who we are.

In a very real and tangible way, our certification as a B Corporation brings credibility and accountability to our mission, our values, and our commitments.

Our status as a B Corp brings you the assurance that we are living up to the high standards that we promise. In an effort to share



Translating our efforts into substantiated, measurable, and meaningful results is an important part of the process.

After years of effort, we are proud to announce that we became a Certified B Corporation® in May of 2019, officially joining the movement of people using business as a force for good in the world.

Certified B Corporations meet higher standards of social and environmental performance, transparency, and accountability. These performance standards are comprehensive, documented, and verified by the nonprofit B Lab®.

When you purchase from a Certified B Corp, you can trust that your money is going to a company that works to make a positive difference in the world, focusing on environmental and social change along with profits. This focus on what is sometimes referred to as the triple bottom line has been Banyan's standard of practice since our inception in 1996. Now, as a Certified B Corp, we can demonstrate this in concrete and objective facts.

And, as a B Corp, we will continue to meet higher performance standards year after year. Unlike traditional businesses, B Corps are legally required to consider the impact on everyone—team members, suppliers, community, consumers, and the environment.

details of how we carry out our promises, we publish an annual Social and Environmental Responsibility Report. This focuses the spotlight on our collective efforts, diving in to our three pillars of USDA certified organic, fairly traded, and sustainably sourced herbs and products, as well as our commitment to serving our community.

Bigger Goals, Same Promise

We have come a long way these past 23 years, and we acknowledge that there is still much work to be done. As we look to the future, we are excited to see where our commitments take us as we continue to dream and set higher goals.

As an Ayurvedic lifestyle company, we promise to walk the path of ever-increasing harmony—harmony within, harmony with each other, and harmony with Nature.

We will do this by taking into consideration all of our stakeholders when making business decisions. We recognize the importance of profit in being a financially healthy, sustainable business. But it is not of highest importance, rather it is a means to further our mission, support our people, and be a good steward of our planet.

DID YOU KNOW?

65%
of Banyan's managers are women

100%
of the herb and oil waste leftover from making our herbal oils are composted or turned into biofuel

27
charitable projects are supported by Banyan through in-kind product donations

100%
of our guggulu is sustainably sourced from one of the only sustainable guggulu farming projects in the world

Curious to learn more? Check out our Social and Environmental Responsibility Report at banyanbotanicals.com/our-commitment

Ashwagandha plants at the Banyan project farm in Williams, OR.

OUR QUALITY COMMITMENTS



As an Ayurvedic company, we are deeply focused on achieving greater harmony with our communities and our environments. This is why, in addition to our three pillars, we have set further quality commitments, ensuring we offer you products that have no hidden implications from the way we grow, harvest, and process them.



Our products are cruelty free and only contain ingredients that are non-GMO and free of artificial dyes, fillers, and chemicals. In addition, the vast majority of our products are gluten-free, and we only use BPA-free packaging.

Watch the video describing our values at banyanbotanicals.com/our-commitment

Rejuvenate

Ayurveda's Herbal Jam

Chyavanprash

Promotes Rejuvenation and Proper Function of the Immune System*

#5151 | 9.4 oz jar | \$19.99

#5161 | 17.6 oz jar | \$34.99

- 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 natural source of antioxidants. This excellent rejuvenative nourishes and strengthens the body, providing energy and vitality.*

Contains 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+, Kaempferia galanga root+, Shatavari root+, Musta root+, Bilva fruit+. +Certified Organic

Stress Ease™

Balancing Formula for Coping with Stress and Fatigue*

#1111 | 500 mg tablets | 90 per bottle | \$21.99

- 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. Stress Ease helps the body cope with stress by supporting the resiliency and tone of the neuromuscular system and providing a sustained source of natural energy.*

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 gum acacia, organic rice flour. +Certified Organic



7-Herb Energy™

Caffeine-Free, Natural Energy Support*

#2651 | 1:2 liquid extract (500 mg/ml) | 1 oz bottle | \$14.99

- 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 is the offspring of the desire for some additional support during times of fatigue and stress, when we could use an added boost of energy that complements healthy living. It is caffeine-free and makes use of some of our glorious herbal allies.*

Contains Ashwagandha root+, Asian Ginseng root+, Eleuthero root+, Gokshura fruit+, Brahmi/Gotu Kola leaf+, Licorice root+, Ginger root+. Other ingredients, from natural sources: non-gmo/gluten-free organic grain alcohol (47-57%), deionized water. +Certified Organic



Everyday Greens™

A Nutrient-Rich Superfood for Health and Vitality*

#1261 | 500 mg tablets | 90 per bottle | \$17.99

- A natural whole-food source of vitamins, minerals, and antioxidants*
- Rich in essential amino acids, chlorophyll, and phytonutrients*
- Promotes energy and vitality*

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.*

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: organic gum arabic, organic maltodextrin, organic rice hulls. +Certified Organic



Pollen Protect™
Respiratory Support for Common Seasonal Irritants*

#1421 | 500 mg tablets | 90 per bottle | \$21.99

- Supports a healthy inflammatory response to seasonal changes*
- Promotes a healthy respiratory system*
- Clinically shown to provide a healthy response to common seasonal irritants*

Pollen Protect is an herbal blend designed to support a normal inflammatory response within the body during times of seasonal transitions. Turmeric, amalaki, and kalmegh are combined in this formula to create an herbal powerhouse that promotes optimal health year-round. Pollen Protect helps the body cope with common seasonal irritants, soothing the respiratory system and supporting healthy breathing.*

Each tablet contains Turmeric root+, Kalmegh herb+, Amalaki fruit+, Ginger root+, Pippali fruit+, Chitrak root+, Punarnava root+, Guduchi stem+, Tulsi leaf+, Ajamoda seed+. Other ingredients, from natural sources: organic gum acacia, organic rice flour.
+Certified Organic



I Travel Well™ —Alcohol Free!
Supports the Body’s Natural Ability to Adapt to the Stresses of Travel*

#2641 | 1:2.1 liquid extract (476 mg/ml) | 1 oz bottle | \$12.99

- Supports the body’s ability to adapt to the stresses of travel, including changes in time zone*
- Helps reestablish healthy sleep patterns*
- Bolsters the immune system*

This convenient liquid extract was formulated specifically to support the needs of today’s modern traveler. I Travel Well supports the body’s natural adaptive mechanisms to keep your body and mind functioning optimally throughout your journey.*

Contains Ashwagandha root+, Turmeric root+, Bacopa herb+, Tulsi leaf+, Gokshura fruit+, Ginger root+, Brahmi/Gotu Kola leaf+, Fennel seed+, Amalaki fruit+. Other ingredients, from natural sources: organic vegetable glycerin, deionized water. +Certified Organic

Breathe Free Balm
With Eucalyptus & Menthol Crystals

#3561 | 4 oz jar | \$21.99

- Warming and comforting chest rub
- Blended with traditional Ayurvedic herbs in a natural oil base
- Supports a calm and clear respiratory system

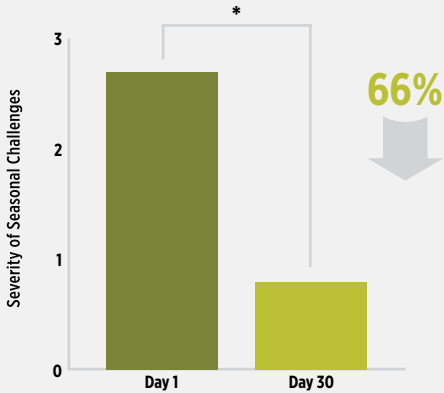
Breathe Free Balm is a warming chest rub that provides comfort when you need it most. To make this chest rub truly unique, we started with a petroleum-free base of organic oils and then added Ayurvedic herbs traditionally known to support a healthy respiratory system. Breathe Free Balm can be applied on the chest, back, and neck, and gently along the sinuses. Follow with a warm steam inhalation or a warm compress when you’re looking for extra nourishment for the lungs and sinuses.



POLLEN PROTECT
CLINICAL STUDY

After 30 days of using Pollen Protect, participants reported their seasonal challenges **decreased by 66%!**

Read the full report at
banyanbotanicals.com/pollen-study



Strengthen & Fortify

Immune Strong is a dynamic herbal blend that bolsters the body’s natural defenses, helping to maintain daily health during seasons and situations where immunity might be challenged. This formula supports a healthy immune response and aids in fast-acting support when you need it most. Immune Strong is available as both a tablet and liquid extract. Liquid extracts are especially convenient for traveling, for those with a busier lifestyle, and for children; while tablets are easy to swallow and make a straightforward addition to a daily self-care routine.*

Immune Strong™ Supports a Healthy Immune System*

#2691 | 1:2.1 liquid extract (476 mg/ml) | 1 oz bottle | \$12.99

Contains Turmeric root+, Kalmegh herb+, Licorice root+, Tulsi leaf+, Amalaki fruit+, Echinacea root+, Ashwagandha root+, Ginger root+, Pippali fruit+. Other ingredients, from natural sources: organic grain alcohol (45-55%), deionized water. +Certified Organic

Immune Strong™ tablets Supports a Healthy Immune System*

#1201 | 500 mg tablets | 90 per bottle | \$21.99

Each tablet contains Turmeric root+, Kalmegh herb+, Licorice root+, Tulsi leaf+, Amalaki fruit+, Echinacea root+, Ashwagandha root+, Ginger root+, Pippali fruit+. Other ingredients, from natural sources: organic gum acacia, organic rice flour. +Certified Organic



Throat Soother™ herbal spray Supports Throat Comfort and Well-Being*

#2661 | 1 oz bottle | \$12.99

- **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 is designed to support this vital organ of speech while simultaneously providing a boost to the immune system.*

Contains Turmeric root+, Licorice root+, Echinacea root+, 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

4 TIPS TO BOOST YOUR IMMUNE SYSTEM

1. **Strengthen your digestion.** Eat your meals at regular times, choose foods that nourish you. Turn to herbs and spices that kindle your digestive fire.
2. **Minimize stress.** Give yourself permission to slow down and take care of yourself.
3. **Catch some Zzz's.** Structure your routine so you go to bed and wake up at the same time each day, and aim for 8 hours of sleep.
4. **Have a supportive daily routine.** Create stability with self-care practices that support your health, giving your body little anchor points of familiarity throughout your day.

 Watch the video at banyanbotanicals.com/immune-health



PICTURED 

Meet Seren on page 24



Bronchial Support herbal syrup Promotes Bronchial Calm and Comfort*


#2701 | 6 oz bottle | \$19.99

- **Supports respiratory tract well-being***
- **Supports healthy mucous membranes in the respiratory tract***
- **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. Bronchial Support is a powerful immune boosting formulation that makes a great addition to any herbal medicine cabinet.*

Contains Vasaka 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



 Beth Sparks, kapha-vata type, yoga teacher, massage therapist, and mother of two

Nasya Oil
Nasal Drops for Clear Breathing


#3181 | 1 oz bottle | \$12.99

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

When an excess of bodily fluids accumulates in the sinus, throat, nose, or head areas, it is best eliminated through the nose. Administration of herb infused oil, or nasya, helps facilitate this cleansing process.

Contains Refined Sesame oil+, Olive oil+, Brahmi/Gotu Kola leaf+, Calamus root+, Skullcap herb+, Eucalyptus essential oil+. +Certified Organic



 Meet Jennifer on page 38



Tongue Cleaner
Stainless Steel, Made in USA

#5211 | \$7.99


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.

SELF-ADMINISTRATION OF NASYA OIL

- Begin by comfortably lying down on your back and tilting your head back with your nostrils opening towards the sky. If you are lying on a bed, you may hang your head off the edge of the bed, or place a small pillow beneath your neck for support.
- Place 3–5 drops of nasya oil in each nostril. With skill, you can administer the oil, drop by drop, circling the inside perimeter of the nostril, thoroughly coating the nasal membranes.
- Take a big sniff in, then rest for a few minutes allowing the nasya to penetrate.

When lying down is not convenient:

- Place a drop of nasya oil on the little finger and gently insert it into the nostril.
- Gently massage the inner walls of the nasal passage.
- Alternate left and right nostrils until each nostril has received a total of three applications of oil.

 Watch the video on how to use nasya oil at banyanbotanicals.com/nasya

Daily Swish™
For Healthy Teeth and Gums

#3453 Mint | #3383 Cinnamon | 8 oz bottle | \$14.99

#3451 Mint | #3381 Cinnamon | 34 oz bottle | \$49.99

- 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 lately as a way to remove plaque, whiten teeth, and support healthy gum and mouth tissue. Incorporate oil pulling into your daily routine and experience the fresher and healthier mouth that an increasing number of people are raving about.

Mint flavor contains Refined Sesame oil+, Coconut oil+, Guduchi stem+, Fennel seed+, Amalaki fruit+, Haritaki fruit+, Bibhitaki fruit+, Peppermint essential oil+, Spearmint essential oil+. +Certified Organic

Cinnamon flavor contains Refined Sesame oil+, Coconut oil+, Guduchi stem+, Fennel seed+, Amalaki fruit+, Haritaki fruit+, Bibhitaki fruit+, Cinnamon essential oils+, Clove essential oil+. +Certified Organic

Oil Pulling Made Easy
Spice Up Your Morning Routine



NEW FLAVOR!

Celebrate Your Natural Beauty

Ayurvedic Products to Embrace Your Inner Glow

Sometimes, simply showering ourselves with love is one of the most deeply healing gifts we can offer. Renowned for its practical elegance in balancing the body, mind, and spirit, Ayurveda often emphasizes healing from the inside out, but the Ayurvedic tradition is also rich with beauty rituals and other self-nurturing practices that focus more on the exterior of the body. Here, we offer you some indulgent and nourishing self-care products that celebrate your beauty, inside and out.



Cedar Eucalyptus Soap

#8521 | 1 bar | \$5.99

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

Lavender Soap

#8561 | 1 bar | \$5.99

Experience the calming and relaxing effects of lavender every time you shower with our delightful soap made with organic lavender flowers.

Beauty Balm

With Shatavari & Rose Geranium

#3581 | 4 oz jar | \$21.99

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

Our award-winning Beauty Balm isn't just about looking beautiful—it is also about deep nourishment that helps you feel beautiful from the outside-in. It is often used as a skin cream, eye cream, moisturizer for dry and aging skin, hand cream, lip balm, elbow and knee moisturizer, nail and cuticle cream, and as a deep moisturizer for the feet and heels.



“ I love Beauty Balm. It is perfectly moisturizing without being too thick... The ghee has a beautiful smell and texture, and leaves your skin feeling truly nourished. — Hillary, Banyan Customer

Healthy Hair Oil

Nourishing for All Hair Types

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:	\$12.99	#3445	12 fl oz:	\$27.99
#3441	34 fl oz:	\$49.99	#3442	128 fl oz:	\$139.99

Healthy Hair™ tablets

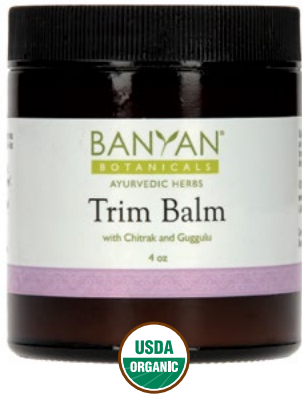
Promotes Growth of Thick and Lustrous Hair*

#1241 | 500 mg tablets | 90 per bottle | \$21.99

- 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 is 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.*

Each tablet contains Bhringaraj leaf+, Amalaki fruit+, Brahmi/ Gotu Kola leaf+, Hibiscus flower+. Other ingredients, from natural sources: organic gum acacia, organic rice flour.
+Certified Organic

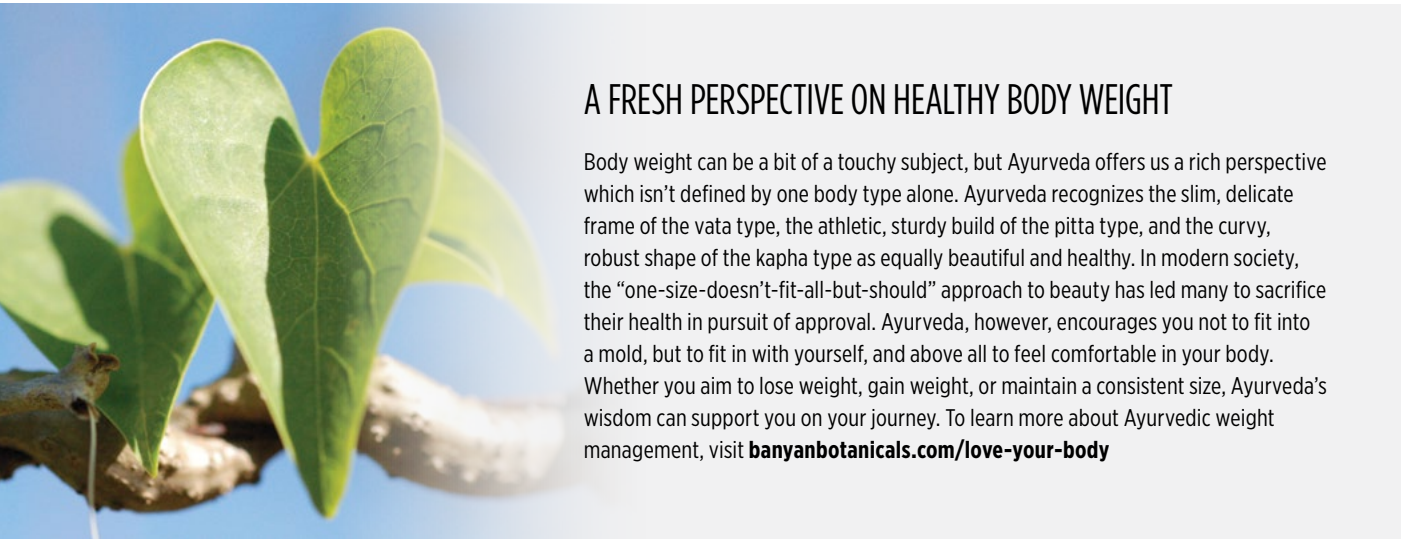


Trim Balm
With Chitrak and Guggulu

#3521 | 4 oz jar | \$21.99

- **Invigorating blend of kapha-reducing herbs**
- **Saturates and penetrates the tissues**
- **Made with herbs traditionally used to stimulate circulation**

A weight management program that includes regular exercise and a healthy diet can be further enhanced with daily self-massage. When 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 is the perfect complement to your healthy weight management routine.



A FRESH PERSPECTIVE ON HEALTHY BODY WEIGHT

Body weight can be a bit of a touchy subject, but Ayurveda offers us a rich perspective which isn't defined by one body type alone. Ayurveda recognizes the slim, delicate frame of the vata type, the athletic, sturdy build of the pitta type, and the curvy, robust shape of the kapha type as equally beautiful and healthy. In modern society, the “one-size-doesn’t-fit-all-but-should” approach to beauty has led many to sacrifice their health in pursuit of approval. Ayurveda, however, encourages you not to fit into a mold, but to fit in with yourself, and above all to feel comfortable in your body. Whether you aim to lose weight, gain weight, or maintain a consistent size, Ayurveda’s wisdom can support you on your journey. To learn more about Ayurvedic weight management, visit banyanbotanicals.com/love-your-body



Trim Support™
Supports Proper Metabolic Function and Weight Management*

#1151 | 500 mg tablets | 90 per bottle | \$21.99

- **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. This formula gently scrapes toxins from the system while enkindling the digestive fire, allowing proper digestion, absorption, and assimilation.*

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 gum acacia, organic rice flour. +Certified Organic

Falling In Love With My Body Type

by C.J. Thomas

I used to have a hard time loving my body. Oftentimes, I didn’t even feel like it was my own.

After experiencing some life events that caused me great loss and sadness, I turned to unhealthy habits to find comfort. I was overindulging in cravings, staying up too late, and ignoring my body’s signals, and all of this resulted in a lot of weight gain.

I felt stuck. I was yearning for something that could finally help me feel good in my body.


When I discovered yoga and Ayurveda, I learned how to work with the rhythms and cycles of nature—with the natural way that we move and think. I discovered how to use the sun as my guide for when to go to bed and when to wake up. I also learned how to embrace my natural cravings for spicy foods and work with them, not against them. Creating a relationship with the food I ate showed me that my relationship with my body was just as important.


I realized, “This is it. This is the path of healing I want to take.”

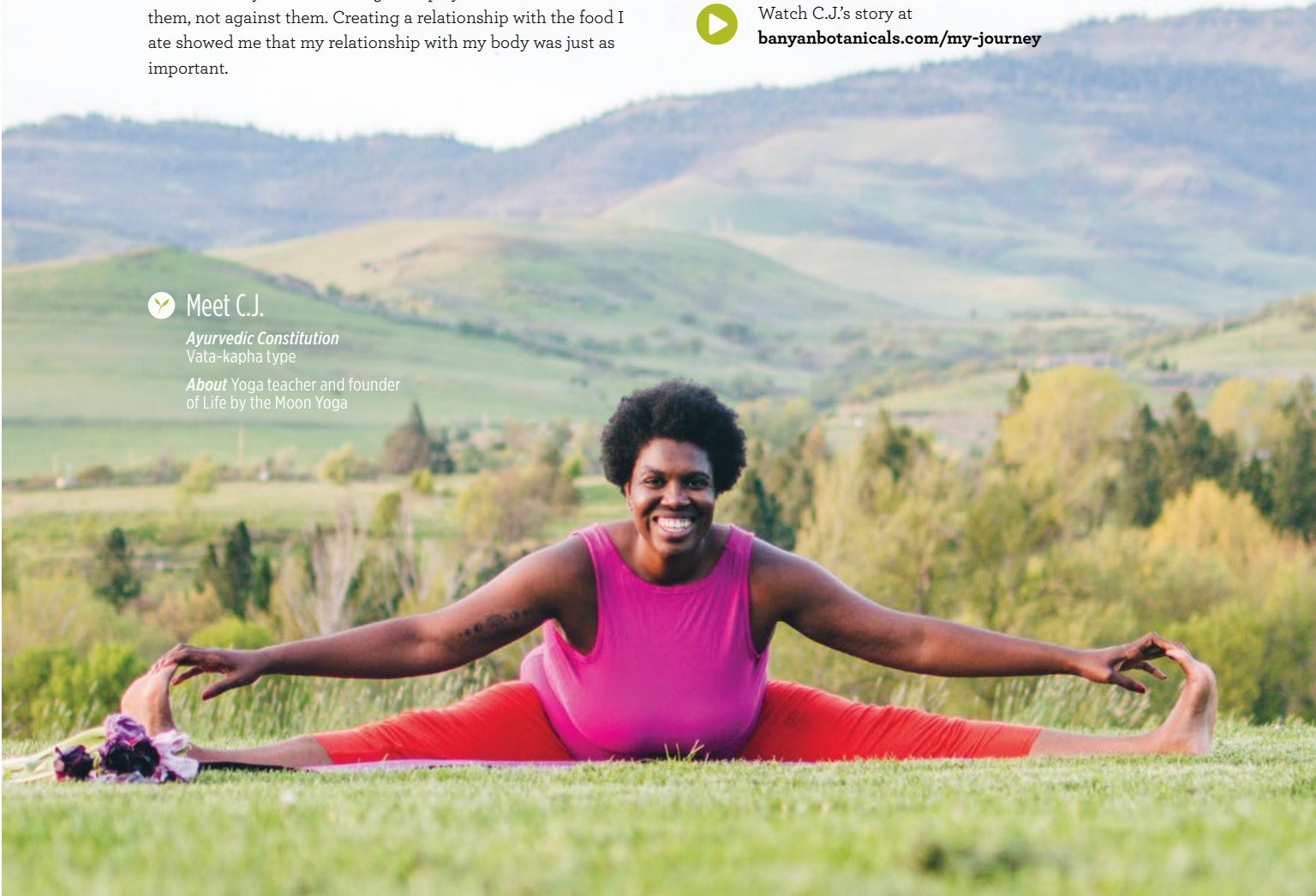
What I love about Ayurveda is that it honors the beauty in each one of us. It recognizes our kaleidoscope of shapes and sizes and teaches us how to find what balanced weight means for each and every individual.

Ayurveda is not about trying to fit the “mold” or be perfect—it’s about loving MY body type and knowing how to nurture it.

Within a year of switching to an Ayurvedic lifestyle, my weight dropped, my energy improved, and I was getting to know myself on a deep level. That’s how I knew that yoga and Ayurveda were the keys to the healthy body I always knew I could have.

 Watch C.J.’s story at banyanbotanicals.com/my-journey

 **Meet C.J.**
Ayurvedic Constitution
Vata-kapha type
About Yoga teacher and founder
of Life by the Moon Yoga



*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.

Women's Health

Supporting Women with the Wisdom of Ayurveda



“ Women’s Natural Transition keeps my emotional body balanced and my hot flashes at bay. I feel more ease with an overall greater sense of well-being. This product keeps me smiling through my menopause. — Gina, Banyan Customer



Women's Natural Transition™

Support for a Healthy Menopause and Beyond*

#1361 | 500 mg tablets | 90 per bottle | \$21.99

- Supports the 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, through perimenopause, menopause, and beyond.*

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 rice flour, organic gum acacia. +Certified Organic

Breast Care Balm

With Tulsi & Palmarosa

#3571 | 4 oz jar | \$21.99

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

Ayurveda regards the breasts as organs of giving and receiving, especially considering their proximity to the heart chakra (the energetic center of emotions and compassion). One of the best ways to support the health of your breasts is to massage them regularly. Performing frequent check-ins is a valuable preventative practice for any woman actively caring for her long-term health. Self-massage for the breasts takes that practice to another level of deep nourishment that radiates throughout the body, mind, and spirit. Massage stimulates the lymphatic system and improves circulation, helping to facilitate the release of any stagnation. This balm is infused with herbs and scents to promote movement, cleansing, and nourishment for the heart chakra, and can transform this healthy practice into a delightful gift of self-love.

Women's Support™

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

#1141 | 500 mg tablets | 90 per bottle | \$21.99

- 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.*

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 gum acacia, organic rice flour. +Certified Organic

Healthy Bones™

Daily Support for Bone Health*

#1381 | 500 mg tablets | 90 per bottle | \$21.99

- 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 to strengthen and rejuvenate the bones. Beneficial to young growing bones as well as aging bone tissue, the herbs in this formula help maintain healthy bone density while gently kindling the digestive fire to support the body’s natural toxin-cleansing ability.*

Each tablet contains Coral (Caribbean, above-sea harvested), Arjuna bark+, Ashwagandha root+, Ginger root+. Other ingredients, from natural sources: organic gum acacia, organic rice flour. +Certified Organic



Meet Jacob
Ayurvedic Constitution
Pitta-vata type
About International yoga teacher and massage therapist



Men’s Support™
Promotes Vitality, Strength & Proper Function of the Male Reproductive System*

#1131 | 500 mg tablets | 90 per bottle | \$21.99

- 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 uncongested flow of urine. It tones and strengthens the muscles while boosting stamina and energizing the system.*

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 gum acacia, organic rice flour. +Certified Organic

Muscle Balm
With Ashwagandha & Camphor

#3591 | 4 oz jar | \$21.99

- Soothes occasional discomfort in the muscles
- Promotes healthy circulation
- Warming and comforting

Muscle Balm is a nourishing blend of oils and herbs that carefully soothes a tired or sore muscular system. The strengthening influence of ashwagandha is carried by organic sesame and sunflower oils to deeply revitalize the tissues, while cleansing herbs gokshura and manjistha help to properly move the lymph and whisk away accumulations of natural toxins in the muscles. Use Muscle Balm anytime you’re looking for relief from occasional discomfort or soreness in the muscles or tendons.

Mahanarayan Oil
For Muscles and Joints

Banyan’s Mahanarayan Oil is based on an ancient recipe and contains twenty-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. Mahanarayan Oil provides a warm, nourishing experience for the muscles and tendons, and it is especially supportive for grounding excess vata.

#3233	4 fl oz:	\$12.99
#3235	12 fl oz:	\$27.99
#3231	34 fl oz:	\$49.99
#3232	128 fl oz:	\$139.99



Joint Support™
Maintains Healthy Function of the Joints and Muscles*

#1251 | 500 mg tablets | 90 per bottle | \$21.99

- Supports comfortable movement of the joints and muscles*
- Rejuvenates and strengthens the skeletal and neuromuscular systems*

According to Ayurveda, accumulation of natural toxins in the joints can lead to discomfort and inhibit their proper functioning. The main ingredients in Joint Support, guggulu and boswellia, have been used for hundreds of years to support joint health.*

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 gum acacia, organic rice flour. +Certified Organic

Joint Balm
With Boswellia & Guggulu

#3531 | 4 oz jar | \$21.99

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

Massaging the 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. Keep Joint Balm at your desk, in the car, or in your yoga bag to make sure it is always within reach when you need that extra comfort.

*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.



Focus —Alcohol Free!
Provides Mental Support When You Need to Be Focused*

#2681 | 1:2 liquid extract (500 mg/ml) | 1 oz bottle | \$12.99

- 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. This is 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.*

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

Mental Clarity™
Promotes Memory and Intelligence*

#1091 | 500 mg tablets | 90 per bottle | \$21.99

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

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.*

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 rice flour, organic gum acacia. +Certified Organic



 **TRANQUIL MIND CLINICAL STUDY**

After two weeks of using Tranquil Mind, participants reported feeling **25% less fearful** and **50% less overwhelmed** by their worries than they had before taking it! They also reported improved:

- Ability to focus on things other than fear
- Optimism about upcoming events
- Overall better mood and comfort being in public

Read the full report at banyanbotanicals.com/tranquil-mind-study

I Sleep Soundly™
Promotes Sound, Restful Sleep*

#1271 | 500 mg tablets | 90 per bottle | \$21.99

- 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 organic, relaxing herbs that help release accumulated tension from a stressful day.*

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 gum acacia, organic rice flour. +Certified Organic

Sleep Easy Oil™
Deep Restful Sleep

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:	\$12.99	#3485	12 fl oz:	\$27.99
#3481	34 fl oz:	\$49.99	#3482	128 fl oz:	\$139.99



Tranquil Mind™
Promotes Mental Calmness and Well-Being*

#1101 | 500 mg tablets | 90 per bottle | \$21.99

- Calms the mind without causing drowsiness*
- Supports composure and equanimity*
- Enhances sense of peace and well-being*

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.*

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 gum acacia, organic rice flour. +Certified Organic

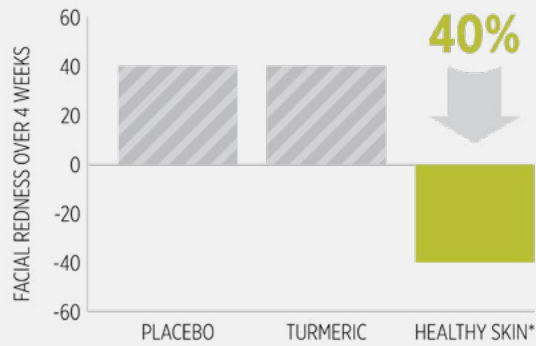


 **Meet Seren**
Ayurvedic Constitution
Pitta-vata type
About Banyan customer care member, Ayurvedic wellness coach, and yoga instructor

 **HEALTHY SKIN CLINICAL STUDY**

After four weeks of using Healthy Skin, participants’ skin showed a **decrease in facial redness by 40%!**

Read the full report at banyanbotanicals.com/skin-study



Healthy Skin™
Natural Support for Clear & Radiant Skin*

#1341 | 500 mg tablets | 90 per bottle | \$21.99

- Supports healthy, radiant skin from within*
- Promotes a clear complexion and a smooth appearance of the skin*
- Supports the body’s natural ability to cleanse and remove toxins*
- Clinically shown to reduce facial redness and improve moisture retention in the skin*

Healthy Skin blends nine of the most powerful Ayurvedic herbs for skin health, creating a formula that supports healthy skin from within. 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 cleansing and rejuvenating herbs of Healthy Skin beautify the inside to give you vibrant, glowing skin on the outside.*

Each tablet contains Anantamul root+, Manjistha root+, Neem leaf+, Brahmi/Gotu Kola leaf+, Guduchi stem+, Turmeric root+, Bhumyamalaki herb+, Amalaki fruit+, Licorice root+. Other ingredients, from natural sources: organic gum acacia, organic rice flour.
+Certified Organic

Blood Cleanse™
Detoxification and Support for Healthy Blood*

#1211 | 500 mg tablets | 90 per bottle | \$21.99

- Promotes healthy skin through deep systemic cleansing*
- 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.*

Each tablet contains Manjistha root+, Neem leaf+, Turmeric root+, Guduchi stem+, Burdock root+. Other ingredients, from natural sources: organic gum acacia, organic rice flour. +Certified Organic



Soothing Skin Balm
With Neem & Vetiver

#3541 | 4 oz jar | \$21.99

- 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

In Ayurveda, when excess pitta is present in the system, the skin can become imbalanced. Soothing Skin Balm helps soothe the skin by supporting the natural rejuvenation process.



Neem & Aloe Soap

#8571 | 1 bar | \$5.99

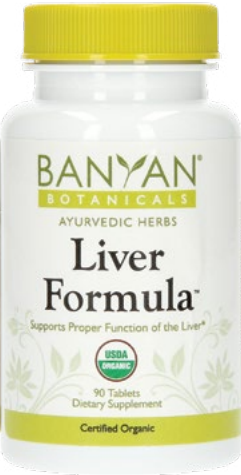
Neem oil comes together with aloe and vetiver to provide soothing comfort for the skin in this cleansing soap that can be enjoyed by all and is ideal for those with pitta-type skin.

Neem Oil
Cooling and Soothing Skin Care

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 herbal oil, Neem Oil is the best choice for pitta-related skin irritations.

#3313	4 fl oz:	\$11.99	#3315	12 fl oz:	\$24.99
#3311	34 fl oz:	\$44.99	#3312	128 fl oz:	\$129.99





Liver Formula™

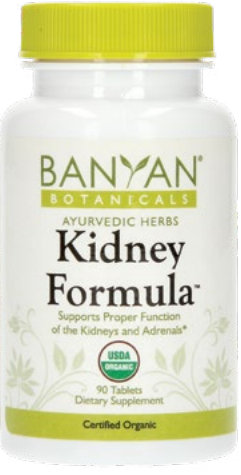
Supports Proper Function of the Liver*

#1181 | 500 mg tablets | 90 per bottle | \$21.99

- 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. It is a powerful combination of bitter herbs that acts as a natural purgative to cleanse the liver of accumulated natural toxins.*

Each tablet contains Bhumyamalaki herb+, Guduchi stem+, Kalmegh herb+, Bhringaraj leaf+, Punarnava root+, Manjistha root+, Musta root+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+. Other ingredients, from natural sources: organic gum acacia, organic rice flour.
+Certified Organic



Kidney Formula™

Supports Proper Function of the Kidneys and Adrenals*

#1171 | 500 mg tablets | 90 per bottle | \$21.99

- 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.*

Each tablet contains Gokshura fruit+, Punarnava root+, Guduchi stem+, Manjistha root+, Musta root+, Anantamul root+, Passionflower herb+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Coriander seed+, Fennel seed+. Other ingredients, from natural sources: organic maltodextrin, organic gum arabic, organic rice flour. +Certified Organic



Heart Formula™

Supports Proper Function of the Heart*

#1161 | 500 mg tablets | 90 per bottle | \$21.99

- 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.*

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 gum acacia, organic rice flour.
+Certified Organic

Lung Formula™

Supports Proper Function of the Lungs*

#1191 | 500 mg tablets | 90 per bottle | \$21.99

- 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.*

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 rice flour, organic gum acacia. +Certified Organic



Adrenal Nourish™

Rejuvenating Formula for Adrenal Health*

#1431 | 500 mg tablets | 90 per bottle | \$21.99

- Promotes balanced energy levels and stamina*
- Helps the body cope with stress*
- Supports optimal function of the adrenals*
- Nourishing to the endocrine system*

Adrenal Nourish is a rejuvenating blend of herbal adaptogens, formulated to help the body cope with stress and fatigue. It promotes balanced energy levels and a healthy endocrine system.*

Each tablet contains Ashwagandha root+, Kapikacchu seed+, Gokshura fruit+, Eleuthero root+, Brahmi/Gotu Kola leaf+, Guduchi stem+, Tulsi leaf+, Licorice root+, Ginger root+. Other ingredients, from natural sources: organic rice flour, organic gum acacia. +Certified Organic



Sweet Ease™

Reduces Kapha & Promotes Healthy Blood Glucose Levels*

#1121 | 500 mg tablets | 90 per bottle | \$21.99

- 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.*

Each tablet contains Guduchi stem+, Amalaki fruit+, Shardunika leaf+, Turmeric root+, Arjuna bark+, Neem leaf+. Other ingredients, from natural sources: organic gum acacia, organic rice flour.
+Certified Organic





How Ayurveda Changed My Life

by Claire Ragozzino

My journey inward began with food. Challenged with a series of digestive disorders that doctors had no answers for, I turned to my eating habits in search of answers. My childhood diet looked a lot like most American kids of the 90s, filled with lunches of chewy gummy snacks, neon-colored yogurts that squeezed out of plastic tubes, and the ubiquitous white bread and deli meat sandwiches. Long before the green revolution and the revival of homesteading and home gardens, our family, like most of our friends, had little awareness of the impact of diet on our well-being. So it was a sweeping personal revolution for me in my teens, when I started to notice the connection to what I ate and how it made me feel.

I felt hopeful, seeing improvements in my health and finding a new community to connect with. But as I continued on the path, I became more and more restrictive with my diet, and later more stringent with my asana practice. I became more attached to the rules of these dietary theories, rather than really listening to my own body. I soon felt overwhelmed by the abundance of information and discouraged by the fleeting results.

Enter Ayurveda

At first, Ayurveda was foreign words in a book and more rules of what I should and shouldn't eat for my body type. But then, quite literally, came the elemental awakening to what Ayurveda truly is. A whole world of possibility opened up in front of me as the language and

tools of Ayurveda allowed me to move beyond the rules of "right and wrong" in my diet and make sense of my own inner nature through the elements.

Suddenly, I didn't have to become something else through linear diets and austere practices. I could relax, exhale, and expand into knowing myself through the awareness of the five elements, giving me a compass to direct my daily practices towards balance, using ease and alignment rather than control or force. This beautiful wisdom of Ayurveda gifted me a grace to interact with my health in a whole new way.

Vata Massage Oil

Relaxing. Warming. Grounding.

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:	\$11.99
#3355	12 fl oz:	\$24.99
#3351	34 fl oz:	\$44.99
#3352	128 fl oz:	\$129.99



Vata Digest™

Digestion Formula for Vata*

#1071 | 500 mg tablets | 90 per bottle | \$21.99

- 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 classic 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.*

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, silicon dioxide, lac resin.
+Certified Organic

Healthy Vata™

Balancing Formula for Vata*

#1311 | 500 mg tablets | 90 per bottle | \$21.99

- 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 or a vata imbalance.*

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 rice flour, organic gum acacia.
+Certified Organic

PICTURED

Claire Ragozzino, pitta-vata type, founder of Vidya Living, and rock climber



TAKE THE DOSHA QUIZ!
To learn your constitution and current state of balance, take the Ayurvedic Profile™ quiz at banyanbotanicals.com/myprofile

*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.



Pitta Massage Oil

Calming. Cooling. Soothing.

This soothing oil is a cooling blend of nine organic herbs, including brahmi, guduchi, and manjistha, 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:	\$11.99
#3365	12 fl oz:	\$24.99
#3361	34 fl oz:	\$44.99
#3362	128 fl oz:	\$129.99



Pitta Digest™

Digestion Formula for Pitta*

#1081 | 500 mg tablets | 90 per bottle | \$21.99

- 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. This formula contains herbs that support healthy digestion while cooling and soothing the tissues in the GI tract.*

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 rice flour, organic gum acacia. +Certified Organic

Healthy Pitta™

Balancing Formula for Pitta*

#1321 | 500 mg tablets | 90 per bottle | \$21.99

- 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 or a pitta imbalance.*

Each tablet contains Brahmi/Gotu Kola leaf+, Bhringaraj leaf+, Guduchi stem+, Shatavari root+, Manjistha root+, Bhumyamalaki herb+, Fennel seed+. Other ingredients, from natural sources: organic rice flour, organic gum acacia. +Certified Organic



Kapha Massage Oil

Invigorating. Warming. Revitalizing.

Formulated in a base of organic sesame and sunflower oils, this invigorating blend contains nine organic herbs including punarnava, chitrak, calamus, and rosemary. 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:	\$11.99
#3375	12 fl oz:	\$24.99
#3371	34 fl oz:	\$44.99
#3372	128 fl oz:	\$129.99



Kapha Digest™

Digestion Formula for Kapha*

#1061 | 500 mg tablets | 90 per bottle | \$21.99

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

Kapha Digest is the classic Ayurvedic formula known as trikatu. The powerful heating quality of this combination is traditionally used to enkindle the digestive fire and to burn fat and natural toxins.*

Each tablet contains Ginger root+, Black Pepper fruit+, Pippali fruit+. Other ingredients, from natural sources: organic gum acacia, organic rice flour. +Certified Organic

Healthy Kapha™

Balancing Formula for Kapha*

#1331 | 500 mg tablets | 90 per bottle | \$21.99

- 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 or a kapha imbalance.*

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 rice flour, organic gum acacia. +Certified Organic



Amalaki
Detoxification & Rejuvenation for Pitta*

#1031 | 500 mg tablets | 90 per bottle | \$17.99

As one of the three ingredients in the Ayurvedic super formula triphala, amalaki is a potent rejuvenative that nourishes the tissues and gently removes natural toxins. It is generally taken in place of triphala by those with excess heat in the digestive tract.*

Brahmi/Gotu Kola
Rejuvenative for the Brain & Nervous System*

#1401 | 500 mg tablets | 90 per bottle | \$17.99

Brahmi (*Centella asiatica*) is a renowned mental rejuvenative traditionally used to promote the intellect, enhance mental performance, and support proper function of the nervous system. The leaves are highly sattvic (pure, harmonious) and historically have been eaten by yogis to assist in meditation.*

Ashwagandha
Rejuvenative for Vata and Kapha that Promotes Vitality and Strength*

#1021 | 500 mg tablets | 90 per bottle | \$17.99

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 while also promoting sound, restful sleep.*

Haritaki
Detoxification & Rejuvenation for Vata*

#1041 | 500 mg tablets | 90 per bottle | \$17.99

As one of the three ingredients in triphala, haritaki is considered to be one of the best herbs for balancing vata dosha. Haritaki is traditionally used to address all vata-related imbalances by maintaining regular elimination, helping promote healthy body mass, and supporting comfortable and complete digestion.*

Manjistha
Nature’s Blood Cleanser*

#1291 | 500 mg tablets | 90 per bottle | \$17.99

Manjistha is the quintessential blood purifier in the Ayurvedic pharmacopoeia. It removes excess heat and natural toxins from the blood, helping to support healthy skin and a clear complexion. It is one of the best pitta-pacifying herbs.*

Mucuna (Kapikacchu)
Rejuvenative for the Reproductive & Nervous Systems*

#1391 | 500 mg tablets | 90 per bottle | \$17.99

Mucuna pruriens, known in Ayurveda as kapikacchu, is a nutritive tonic commonly used to nourish the nervous system, support healthy sexual energy, and strengthen and tone the reproductive organs. It is supportive for both men and women.*

Neem
Detoxification for Pitta and Kapha*

#1231 | 500 mg tablets | 90 per bottle | \$17.99

Neem is widely used in Ayurveda because of its effectiveness in dealing with nearly all types of pitta and kapha imbalances. Neem has traditionally been used to purify the blood, cleanse the liver, and support the immune system.*

Tulsi
Holy Basil, the Sacred Plant of India

#1411 | 500 mg tablets | 90 per bottle | \$17.99

Tulsi is a beloved and sacred plant in Ayurveda. It removes excess kapha from the lungs and upper respiratory tract, promoting clear, comfortable breathing. As an adaptogen, tulsi soothes the mind and provides a sense of calm during times of stress.*

Shatavari
Rejuvenative for Vata and Pitta that Promotes Vitality and Strength*

#1011 | 500 mg tablets | 90 per bottle | \$17.99

Shatavari is a rejuvenating herb that cools the body and strengthens and nourishes the tissues. Traditionally used to maintain the healthy production of female hormones, shatavari may be translated as “100 spouses,” implying its role in promoting fertility and vitality.*

Turmeric
Supports Digestion and Overall Health and Well-Being*

#1281 | 500 mg tablets | 90 per bottle | \$17.99

Turmeric tablets offer an incredibly easy way to ingest the beneficial properties of this well-known, golden yellow spice. It is known to bolster the immune system, purify the blood, strengthen digestion, and eliminate natural toxins from the digestive tract.*



Meet Mari

Ayurvedic Constitution
Pitta-vata type

About Registered nurse,
mother of two, grandmother,
and horse lover



Triphala Guggulu

Detoxification and Support for Metabolic Function*

#2061 | 300 mg tablets | 90 per bottle | \$27.99

- Supports healthy cholesterol levels that are already in the normal range*
- Supports proper weight management*
- Maintains healthy digestion and absorption*

This classic Ayurvedic preparation combines the detoxifying and rejuvenating actions of triphala with the deeply penetrating and cleansing actions of guggulu. Triphala Guggulu effectively decongests the channels of the body and scrapes away natural toxins held within the tissues.*

Each tablet contains Guggulu resin+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Pippali fruit+. Other ingredients, from natural sources: organic gum acacia, organic rice flour, silicon dioxide. +Certified Organic



Kaishore Guggulu

Pitta Balancing Formula for the Joints and Muscles*

#2021 | 300 mg tablets | 90 per bottle | \$27.99

- 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 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.*

Each tablet contains Guggulu resin+, Guduchi stem+, Amalaki fruit+, Bibhitaki fruit+, Haritaki fruit+, Ginger root+, Pippali fruit+, Black Pepper fruit+, Danti root+, Nishoth root+. Other ingredients, from natural sources: organic maltodextrin, organic gum acacia, organic rice flour, silicon dioxide. +Certified Organic



Shilajit

Promotes Rejuvenation and Detoxification*

#2101 | 300 mg tablets | 90 per bottle | \$27.99

- 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. It purifies the blood and helps remove excess kapha and natural toxins from the tissues.*

Each tablet contains Shilajit (mineral pitch). Other ingredients, from natural sources: organic rice flour, silicon dioxide.



Punarnavadi Guggulu

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

#2041 | 300 mg tablets | 90 per bottle | \$27.99

- 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 is a powerful detoxifying and rejuvenating combination that supports the healthy elimination of liquids.*

Each tablet contains Guggulu resin+, Ginger root+, Punarnava root+, Castor root and oil+, Nishoth stem+, Amalaki fruit+, Pippali fruit+, Black Pepper fruit+, Chitrak root+, Bhallataka herb+, Bibhitaki fruit+, Haritaki fruit+, Guduchi stem+, Danti root+. Other ingredients, from natural sources: organic maltodextrin, organic rice flour, silicon dioxide. +Certified Organic

Yogaraj Guggulu

Vata Balancing Formula for the Joints, Nerves & Muscles*

#2071 | 300 mg tablets | 90 per bottle | \$27.99

- 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 is a powerful detoxifying and rejuvenating combination that has a special affinity for the musculoskeletal system.*

Each tablet contains Guggulu resin+, Pippali fruit and root+, Bibhitaki fruit+, Celery seed+, and more. (See full ingredient list online.) Other ingredients, from natural sources: organic maltodextrin, organic rice flour, organic gum acacia, silicon dioxide. +Certified Organic



Amalaki \$12.99 | #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 \$12.99 | #2551

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

Focus \$12.99 | #2681

Promotes calm, concentrated mental activity and supports cognitive function during stressful situations.* In an organic glycerin base. See more on page 22.

Arjuna \$12.99 | #2531

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

Brahmi/Gotu Kola \$12.99 | #2571

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

Ginger \$12.99 | #2561

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

Ashwagandha \$12.99 | #2541

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

Easy Digest™ \$12.99 | #2671

Supports healthy digestion, absorption, and assimilation while easing occasional gas and bloating.*

Immune Strong™ \$12.99 | #2691

Immune Strong is a dynamic herbal blend that bolsters the body’s natural defenses, helping to maintain daily health during seasons and situations where immunity might be challenged.* See more on page 10.

Kutki \$12.99 | #2511

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

Shatavari \$12.99 | #2601

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

Turmeric \$12.99 | #2631

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

Mucuna (Kapikacchu) \$12.99 | #2581

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

Triphala \$12.99 | #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™ \$12.99 | #2641

Supports the body’s natural ability to adapt to the stresses of travel. Helps reestablish healthy sleep patterns, bolsters the immune system, and promotes healthy digestion.* In an organic glycerin base. See more on page 8.

Neem \$12.99 | #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 \$12.99 | #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™ \$14.99 | #2651

Promotes increased energy levels and supports the body’s ability to cope with stress.* See more on page 7.



Self-Massage

Enveloping the Body in Love

 **Meet Jennifer**
Ayurvedic Constitution
Pitta-kapha type
About Mental health
counselor and adventurer

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—but especially vata.

Self-massage is a wonderful routine that can be done in the morning for a vital day or before bed for a more restful sleep. To learn this practice, visit banyanbotanicals.com/selfmassage



Daily Massage Oil™

For All Dosha Types

Full-body massage is one of the most powerful techniques used in Ayurveda. Massage done with warm herbal 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.

#3493	4 fl oz:	\$12.99	#3495	12 fl oz:	\$27.99
#3491	34 fl oz:	\$49.99	#3492	128 fl oz:	\$139.99



Vata, Pitta, and 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. For a personalized oil recommendation based on your constitution and current state of balance, take the dosha quiz at banyanbotanicals.com/myprofile

Brahmi Oil

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

SESAME OIL BASE:					
#3423	4 fl oz:	\$11.99	#3425	12 fl oz:	\$24.99
#3421	34 fl oz:	\$44.99	#3422	128 fl oz:	\$129.99

COCONUT OIL BASE:					
#3303	4 fl oz:	\$11.99	#3305	14.5 fl oz:	\$27.99
#3301	30 fl oz:	\$44.99	#3302	128 fl oz:	\$129.99

For a deep, restful sleep, consider Sleep Easy Oil™, which also contains brahmi and bacopa. See page 23.

Bhringaraj Oil

This nourishing combination of organic bhringaraj and organic sesame oil is an excellent choice for massaging the scalp and feet before bed to promote deeply restful sleep. Rejuvenating for the brain and nervous system, this tridoshic oil is also traditionally used to encourage hair growth and to calm the mind.

#3293	4 fl oz:	\$11.99	#3295	12 fl oz:	\$24.99
#3291	34 fl oz:	\$44.99	#3292	128 fl oz:	\$129.99

Bhringaraj leaf is also used in Healthy Hair Oil—a great oil for promoting thick and lustrous hair! See page 15.

Ashwagandha Bala Oil

Literally meaning “strength,” bala builds muscle mass and provides energy. This vata-pacifying oil combines organic bala and ashwagandha into a base of organic sesame oil and can be used to nourish and strengthen the muscles. It is useful for athletes or those weakened by debility due to old age or illness.

#3203	4 fl oz:	\$11.99	#3205	12 fl oz:	\$24.99
#3201	34 fl oz:	\$44.99	#3202	128 fl oz:	\$129.99

To further soothe discomfort in the muscles, consider Muscle Balm, which also contains ashwagandha and bala. See page 21.



Coconut Oil

Soothing and Cooling Oil that Hydrates the Skin

Pure, refined, and certified organic. A good massage oil for pitta. This oil is solid at temperatures below 76°F.

#3265	14.5 fl oz:	\$9.99
#3261	30 fl oz:	\$14.99
#3262	128 fl oz:	\$44.99

Sunflower Oil

Tridoshic Oil that Soothes & Calms the Skin

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

#3274	16 fl oz:	\$11.99
#3271	34 fl oz:	\$16.99
#3272	128 fl oz:	\$44.99

Refined Sesame Oil

Mildly Scented Traditional Ayurvedic Oil

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

#3244	16 fl oz:	\$12.99
#3241	34 fl oz:	\$19.99
#3242	128 fl oz:	\$59.99

Sesame Oil

Traditional Ayurvedic Oil Known as “The King of Oils”

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

#3144	16 fl oz:	\$12.99
#3141	34 fl oz:	\$19.99
#3142	128 fl oz:	\$59.99

Castor Oil

Nourishing Oil that Supports Natural Beauty

Pure, expeller pressed, hexane-free, filtered, and certified organic.

#3013	4 fl oz:	\$7.99
#3016	16 fl oz:	\$11.99



Stock Your Ayurvedic Kitchen



Ayurvedic Recipes

Dals and beans play an important role in Ayurvedic nutrition, and they are just as versatile as they are delicious. We’ve collected our favorite Ayurvedic recipes to help you stay balanced with these powerhouses of protein. Find all of our recipes at [banyanbotanicals.com/recipes](https://www.banyanbotanicals.com/recipes)



Cooking Spices in Convenient Jars

See all spice jars in our bulk herbs section on page 49.



Garam Masala

#5803 | 3.5 oz bag | \$9.99

Garam masala has a place in every well-stocked spice rack, serving as a testament to its long legacy of culinary use. Try this classic mix in your favorite dal recipe, spice up a batch of vegetables, or add it to the dough of homemade flat bread.

Kitchari Kit

#1770 | \$41.99

The kit contains a 7-day supply of Organic Basmati Rice (3.15 lbs), 7-day supply of Organic Yellow Mung Dal (1.65 lbs), 1 bag Kitchari Spice Mix (3.5 oz), 1 jar Organic Ghee (7.5 oz)

Organic Yellow Mung Dal

#K1702 | 1.65 lb bag | \$11.99

#K1705 | 5 lb bag | \$29.99

Yellow mung dal is an Ayurvedic staple traditionally used to make kitchari. It is high in dietary fiber and an excellent source of protein.

Organic Green Mung Beans

#5361 | 1.65 lb bag | \$11.99

Mung beans are an essential and versatile ingredient for the Ayurvedic kitchen. They are well known to be easy on the digestive system. Pacifying to all doshas, mung beans nourish and strengthen the tissues of the body while gently removing naturally occurring toxins, or *ama*.

Organic Ghee

#3165 | 7.5 oz (212 g) | \$12.99

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.

CCF Tea

#7592 | 1/2 lb bag | \$11.99

The name CCF is an acronym that stands for its ingredients—cumin, coriander, and fennel. You may be most familiar with these seeds because of their role in spicing up your meals. This simple tea allows you to enjoy the digestive benefits of cumin, coriander, and fennel and can be enjoyed throughout the day.*

Organic Basmati Rice

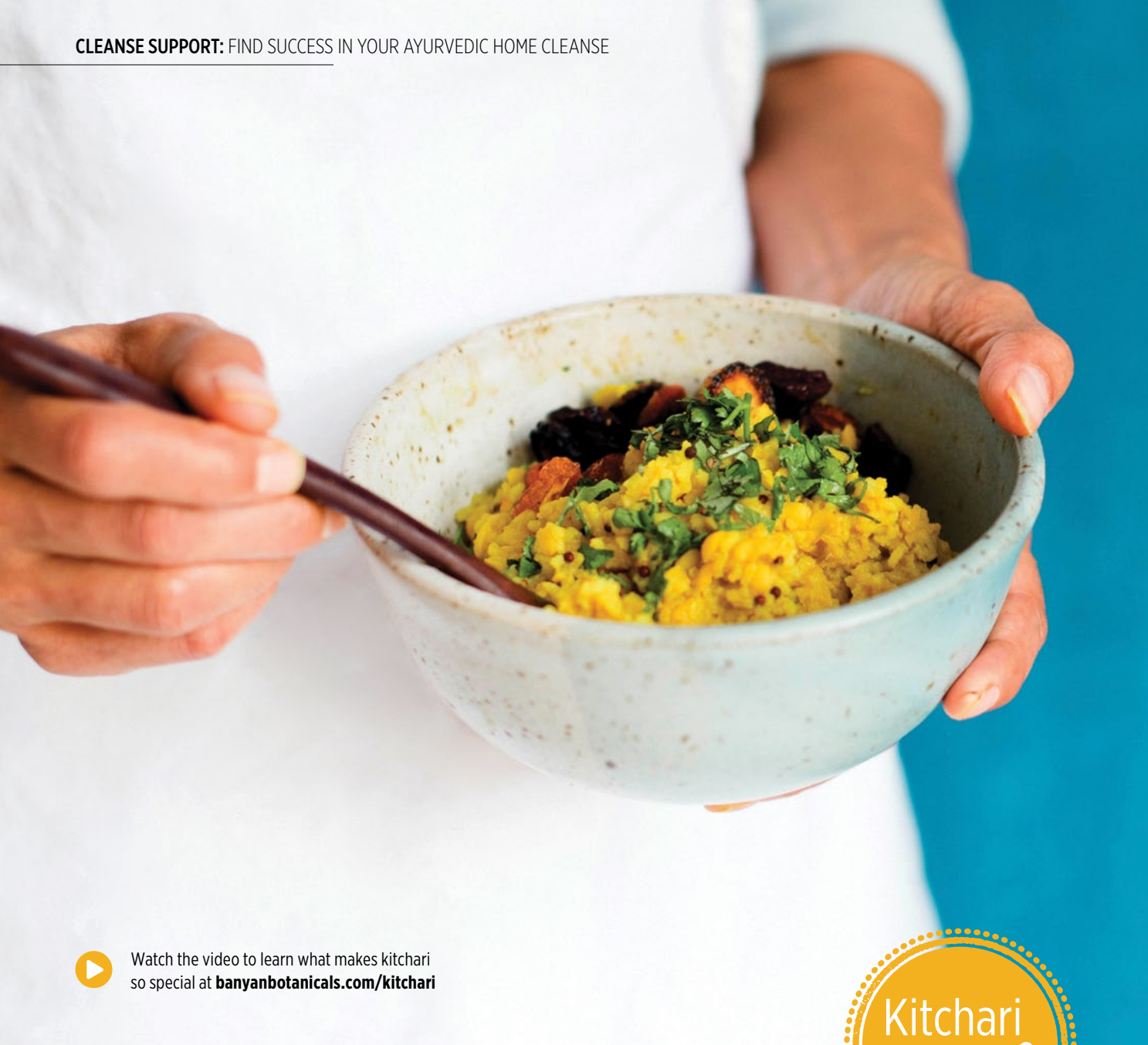
#K1701 | 3.15 lb bag | \$12.99

Deliciously flavorful long grain variety, often called “the queen of fragrance.”

Read more about our sesame oil on page 41.



*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.



▶ Watch the video to learn what makes kitchari so special at banyanbotanicals.com/kitchari



Preparation: Wash rice and mung dal and soak overnight.

In a medium saucepan warm the ghee. Add the kitchari spice mixture and sauté for 1–2 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).

- Ingredients:**
- 1 cup basmati rice
 - ½ cup yellow mung dal
 - 1 tablespoon Kitchari Spice Mix
 - 2 tablespoons ghee
 - 6 cups water
 - 1–2 cups chopped vegetables (optional)

Three Tips for Successful Cleansing

Cleansing is a cornerstone of Ayurveda, offering full-body renewal, buffering our health, and protecting our well-being for months to come. Whether you are seeking a simple one-day reset or you’re looking for a more in-depth cleanse that lasts a few weeks, here are three tips from cleansing veterans to help you get the most out of your experience.

Be Gentle with Yourself

“My perspective now, after years of guiding others through cleanses and going through many of my own, is that a struggle of any kind is generally not supportive of the body’s natural cleansing mechanisms—that if ever a cleanse feels too hard, if it truly becomes a struggle, that we would be wise to ease up on things,” shares Melody Mischke, Ayurvedic practitioner, coach, and writer.

Prepare!

“When you have it all planned out—your meals, your herbs—it’s so much easier,” says Jennifer Lawson, Banyan’s Customer Care Manager. “Everyone has their challenging foods when cleansing. Mine is sweets, so I ask my husband not to make chocolate chip cookies when I’m cleansing! And if I take Banyan’s Sweet Ease before meals, I don’t crave sweets at all.”

Only Commit to What Is Realistic

“I have learned to only commit to what feels good and realistic. If I can clear my schedule, then I go deeper and longer with my cleanse. But sometimes the most I can do is a three-day digestive reset or a one-week kitchari cleanse. Do what you can, listen to your body, and embrace the process,” says Breanna Potts, Banyan’s Editorial Manager.

Looking for more cleansing tips and guidance?
Visit banyanbotanicals.com/ayurvedic-cleanse



Total Body Cleanse
Herbal Support for a Healthy Cleanse*

#1441 | 500 mg tablets | 90 per bottle | \$21.99

- Supports the elimination of natural toxins*
 - Provides herbal support during times of cleansing*
 - Targets the whole body for overall detoxification*
- Total Body Cleanse is a detoxifying formula for the whole system, ideal to use during targeted times of cleansing. This blend of traditional Ayurvedic herbs offers a natural and gentle way to eliminate ama, or toxins, from the body.*
- Each tablet contains Amalaki fruit+, Bhumyamalaki herb+, Kalmegh herb+, Haritaki fruit+, Manjistha root+, Punarnava root+, Pippali fruit+, Ginger root+, Fennel seed+. Other ingredients, from natural sources: organic gum acacia, organic rice flour. +Certified Organic

Stimulate Your Digestive Fire

Kitchari Spice Mix

#K1703 | 3.5 oz bag | \$9.99

#7532 | 10.5 oz bag | \$19.99

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.



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\$50.01 - \$59.99	\$7.95

FREE SHIPPING ON ORDERS OVER \$60!

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

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We accept Visa, Mastercard, Discover, American Express, Apple Pay, Amazon Pay, and PayPal.



Jennifer,
vata-pitta
type, Banyan
customer care
manager

Customer Care
Our friendly and knowledgeable Customer Care Team is dedicated to serving you on your path to greater health and wellness. Have questions about Ayurveda, product recommendations, herbal information, or need help placing an order? Contact us!

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Packaging
We use 100% recycled newsprint paper to pack every order, and most of our products come in plastic or glass that can be recycled. When appropriate, we reuse clean boxes and materials, and source the most environmentally sound packaging available to help protect your order during shipping.

Prompt Delivery
We ship all in-stock orders within one business day via U.S. Postal Service and FedEx. Delivery time for most packages is 1–5 business days. Contact us for expedited delivery rates.

The Banyan Guarantee
We want you to be happy *and* healthy! If you are not completely satisfied with your Banyan products, we will gladly accept returns within 90 days of purchase for a refund of the product purchase. To start the return process, just contact our Customer Care Team.



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 and microbials 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. Another option is to explore pairing your powders with a carrier substance, or anupan in Sanskrit. Anupans carry herbs and formulas deeper into specific channels or tissues, helping to bring further balance. Common Ayurvedic anupans include water, ghee, honey, milk, and aloe vera juice or gel. Learn more at banyanbotanicals.com/anupans



Amalaki fruit powder
(Emblica officinalis)
A traditional rejuvenative used to cleanse and nourish the bodily tissues*

2/3 cup jar \ #6813 \ \$7.99 1/2 lb bag \ #6812 \ \$12.99 1 lb bag \ #6811 \ \$22.99

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



Anantamul root powder
(Hemidesmus indicus)
A pitta-balancing herb that supports proper function of the genitourinary system and promotes healthy skin*

1/2 lb bag \ #6822 \ \$19.99

- Supports proper function of the kidneys and urinary tract*
- Removes natural toxins from the blood*
- Maintains healthy skin and a clear complexion*



Arjuna bark powder
(Terminalia arjuna)
Traditional rejuvenative and tonic for the heart*

2/3 cup jar \ #6833 \ \$8.99 1/2 lb bag \ #6832 \ \$14.99 1 lb bag \ #6831 \ \$24.99

- Strengthens and tones the circulatory system and promotes proper function of the heart muscles*
- Supports healthy blood pressure already within the normal range*
- Helps maintain healthy cholesterol levels already within the normal range*



Ashoka bark powder
(Saraca indica)
Traditional uterine tonic that supports healthy menstruation*

1/2 lb bag \ #7602 \ \$14.99

- Supports a healthy female reproductive system*
- Ayurveda’s foremost uterine tonic*
- Supports a healthy, regular monthly cycle and promotes a normal, comfortable menstrual flow*



Ashwagandha root powder
(Withania somnifera)
A traditional rejuvenative for vata & kapha that promotes vitality & strength*

2/3 cup jar \ #6083 \ \$7.99 1/2 lb bag \ #6082 \ \$12.99 1 lb bag \ #6081 \ \$22.99

- 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*



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

2/3 cup jar \ #7523 \ \$9.99 1/2 lb bag \ #7522 \ \$17.99 1 lb bag \ #7521 \ \$29.99

- Promotes post-meal esophageal comfort*
- Promotes normal, comfortable levels of acidity in the stomach and intestines*
- Removes excess heat from the GI tract*

*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.



Bacopa herb powder
(Bacopa monnieri)
Rejuvenative for the mind and nervous system*

2/3 cup jar \ #6413 \ \$7.99 1/2 lb bag \ #6418 \ \$14.99 1 lb bag \ #6417 \ \$24.99

- 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*



Bhringaraj leaf powder
(Eclipta alba)
The quintessential Ayurvedic herb for the hair and an excellent rejuvenative for pitta*

2/3 cup jar \ #6133 \ \$7.99 1/2 lb bag \ #6132 \ \$14.99 1 lb bag \ #6131 \ \$24.99

- 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*



Bibhitaki fruit powder
(Terminalia belerica)
Detoxification and rejuvenation for kapha*

1/2 lb bag \ #6842 \ \$11.99

- 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*



Bitter Melon fruit powder
(Momordica charantia)
Helps maintain normal blood sugar levels*

1/2 lb bag \ #7312 \ \$14.99

- Maintains normal blood glucose metabolism*
- Supports a healthy heart and circulatory system*
- Supports balanced blood sugar levels already within the normal range*



Bala root powder
(Sida cordifolia)
Used externally (usually as an ingredient in massage oil) to support muscle health and comfort

1/2 lb bag \ #7492 \ \$14.99

- Promotes muscular comfort
- Tones the muscle tissue
- Calms the nerves



Bhumyamalaki herb powder
(Phyllanthus amarus)
Detoxifies and strengthens the liver*

1/2 lb bag \ #6152 \ \$12.99

- 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 gallbladder*



Bilva fruit powder
(Aegle marmelos)
Supports proper function of the bowels and promotes healthy stool formation*

1/2 lb bag \ #6852 \ \$14.99

- 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*



Boswellia resin powder
(Boswellia serrata)
Supports proper function of the joints*

2/3 cup jar \ #7613 \ \$17.99 1/2 lb bag \ #7612 \ \$27.99 1 lb bag \ #7611 \ \$44.99

- 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*



Brahmi/Gotu Kola leaf powder
(Centella asiatica)
A mental rejuvenative that supports healthy brain and nervous system function*

2/3 cup jar \ #6363 \ \$9.99 1/2 lb bag \ #6362 \ \$17.99 1 lb bag \ #6361 \ \$29.99

- Traditionally used to promote the intellect and enhance mental performance*
- Promotes memory, concentration, and increased awareness*
- Excellent tonic for pitta, calms vata in the mind, and reduces excess kapha in the body*



Calamus root powder
(Acorus calamus)
Highly aromatic herb that is used externally to help remove massage oil

1/2 lb bag \ #6862 \ \$14.99

- Used externally to invigorate the skin
- Helps remove excess oil from the skin after massage
- As an ingredient in massage oil, it stimulates the body and helps to remove natural toxins



Brown Mustard seed whole
(Brassica juncea)
Heating spice that promotes digestion*

2/3 cup jar \ #7733 \ \$5.99 1/2 lb bag \ #7732 \ \$8.99 1 lb bag \ #7731 \ \$14.99

- Enkindles the digestive fire*
- Common cooking spice
- Hot, pungent, and oily, which makes it ideal for stimulating the digestive fire and balancing vata and kapha*



Cardamom seed powder
(Elettaria cardamomum)
A common kitchen spice that supports healthy digestion*

2/3 cup jar \ #6873 \ \$11.99 1/2 lb bag \ #6872 \ \$24.99

- 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*

PROTECTING THE BIBHITAKI TREE

The bibhitaki tree is not only the source of bibhitaki fruit—it is also the home of the great pied hornbill, an iconic bird species in the Western Ghats of India. This special and magnificent bird mates for life and plays a valuable role in its surrounding ecosystem. Thanks to its size, bibhitaki trees are some of the only trees that hornbills can use for nesting. However, these majestic trees are in danger due to the demands of modern society and villagers seeking timber as a source of income.

Visit banyanbotanicals.com/fairwild to learn how Banyan is supporting bibhitaki trees in India with the help of the FairWild Initiative.





Chitrak root powder
(*Plumbago zeylanica*)
Supports proper digestion and a healthy body weight*

1/2 lb bag \ #7622 \ \$14.99

- 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*



Coriander seed powder/whole
(*Coriandrum sativum*)
A cooling household spice that promotes healthy digestion*

POWDER
2/3 cup jar \ #6233 \ \$5.99 1/2 lb bag \ #6232 \ \$8.99

WHOLE
2/3 cup jar \ #6243 \ \$5.99 1/2 lb bag \ #6242 \ \$8.99

- Strengthens the digestive fire without aggravating pitta*
- Cools and soothes the GI tract*
- Supports proper function of the kidneys and promotes healthy urination*



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

POWDER
2/3 cup jar \ #7553 \ \$11.99 1/2 lb bag \ #7552 \ \$21.99 1 lb bag \ #7551 \ \$34.99

WHOLE
1/2 lb bag \ #7562 \ 21.99

- 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*



Cinnamon bark powder
(*Cinnamomum cassia*)
Renowned household spice that supports healthy digestion*

2/3 cup jar \ #7463 \ \$5.99 1/2 lb bag \ #7462 \ \$7.99

- 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*



Cumin seed powder/whole
(*Cuminum cyminum*)
Common cooking spice that promotes healthy digestion*

POWDER
2/3 cup jar \ #6253 \ \$5.99 1/2 lb bag \ #6252 \ \$8.99

WHOLE
2/3 cup jar \ #6263 \ \$5.99 1/2 lb bag \ #6262 \ \$8.99

- 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 promoting a comfortable post-meal experience*



Fennel seed powder/whole
(*Foeniculum vulgare*)
Aromatic spice that supports healthy digestion*

POWDER
1/2 lb bag \ #6312 \ \$8.99

WHOLE
2/3 cup jar \ #6323 \ \$5.99 1/2 lb bag \ #6322 \ 8.99 1 lb bag \ #6321 \ \$14.99

- 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*



Fenugreek seed whole
(*Trigonella foenum-graecum*)
Aromatic spice that supports healthy digestion*

2/3 cup jar \ #6273 \ \$6.99 1/2 lb bag \ #6272 \ \$8.99

- Enkindles the digestive fire*
- Supports optimal absorption of nutrients*
- Supports the healthy flow of milk in lactating mothers*



Gokshura fruit powder
(*Tribulus terrestris*)
Supports proper function of the urinary tract and prostate*

1/2 lb bag \ #6882 \ \$11.99

- 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*



Guggulu purified resin powder
(*Commiphora mukul*)
Support for deep cleansing and rejuvenation of the tissues*

2/3 cup jar \ #7723 \ \$36.99 1/2 lb bag \ #7722 \ \$94.99 1 lb bag \ #7721 \ \$159.99

- 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*



Hawthorn Berry powder
(*Crataegus spp.*)
Helps to maintain cardiovascular health*

1/2 lb bag \ #6402 \ \$11.99

- 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 levels already within the normal range*



Ginger root powder
(*Zingiber officinale*)
Supports overall health, wellness, and comfort*

2/3 cup jar \ #6343 \ \$5.99 1/2 lb bag \ #6342 \ \$8.99

- Promotes digestion and the elimination of natural toxins*
- Supports proper function of the lungs and healthy, comfortable breathing*
- Supports a comfortable post-meal experience*



Guduchi stem powder
(*Tinospora cordifolia*)
An excellent rejuvenative for vata and pitta that supports overall health and well-being*

2/3 cup jar \ #6893 \ \$7.99 1/2 lb bag \ #6892 \ \$12.99 1 lb bag \ #6891 \ \$22.99

- 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*



Haritaki fruit powder
(*Terminalia chebula*)
Detoxification and rejuvenation for vata*

2/3 cup jar \ #6903 \ \$8.99 1/2 lb bag \ #6902 \ \$11.99 1 lb bag \ #6901 \ \$19.99

- 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*



Hibiscus flower powder
(*Hibiscus sabdariffa*)
Promotes physical and spiritual purification*

2/3 cup jar \ #6423 \ \$7.99 1/2 lb bag \ #6428 \ \$12.99 1 lb bag \ #6427 \ \$22.99

- Promotes the healthy growth of hair and a clear complexion*
- Supports proper function of the kidneys and the female reproductive system*
- Removes excess heat from the body*



Hingvastak powder
(Vata Digest)
Digestion formula for vata*

2/3 cup jar \ #7513 \ \$11.99 1/2 lb bag \ #7512 \ \$17.99 1 lb bag \ #7511 \ \$29.99

- 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*



Kalmegh herb powder
(*Andrographis paniculata*)
Supports proper function of the liver and the immune system*

1/2 lb bag \ #7002 \ \$14.99

- 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*



Kutki root powder
(*Picrorhiza kurroa*)
Classic Ayurvedic herb for cleansing and toning the liver*

2/3 cup jar \ #6493 \ \$29.99 1/2 lb bag \ #6492 \ \$71.99

- Supports healthy function of the liver*
- Assists in proper flow and function of bile*
- Maintains healthy immune system function*
- CITES certified kutki, cultivated to prevent further endangerment of this precious plant



Manjistha root powder
(*Rubia cordifolia*)
Nature’s blood cleanser*

2/3 cup jar \ #6923 \ \$8.99 1/2 lb bag \ #6922 \ \$14.99 1 lb bag \ #6921 \ \$24.99

- Removes natural toxins and excess heat from the blood*
- Supports healthy skin and a clear complexion*
- Supports proper function of the liver and kidneys*



Kaishore Guggulu powder
Pitta balancing formula for the joints and muscles*

2/3 cup jar \ #7853 \ \$32.99 1/2 lb bag \ #7852 \ \$84.99

- 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*



Kutaja bark powder
(*Holarrhena antidysenterica*)
Supports a healthy GI tract and the proper function of the colon*

1/2 lb bag \ #7632 \ \$19.99

- 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 abroad*
- Promotes healthy, well-formed stools*



Licorice root powder
(*Glycyrrhiza glabra*)
Nourishing tonic that supports proper function of the respiratory system*

2/3 cup jar \ #6513 \ \$8.99 1/2 lb bag \ #6512 \ \$12.99 1 lb bag \ #6511 \ \$22.99

- Promotes clear, comfortable breathing*
- Supports healthy expectoration and proper function of the lungs*
- Removes excess kapha from the stomach and lungs*



Mucuna seed powder
(*Mucuna pruriens*)
Nutritive tonic that supports proper function of the reproductive and nervous systems*

2/3 cup jar \ #6913 \ \$9.99 1/2 lb bag \ #6912 \ \$14.99 1 lb bag \ #6911 \ \$24.99

- 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*

Lemon Moringa Latte Recipe

Ingredients:

- 4 ounces almond milk, warm
- 4 ounces filtered water, hot
- 1 teaspoon moringa powder
- 2 teaspoons lemon juice
- 1 teaspoon honey, or to taste
- ½ teaspoon vanilla
- Pinch of bee pollen to top

Directions:

Heat the water till hot and stir in the moringa powder until it dissolves. Blend in lemon juice, honey, and vanilla. Add almond milk and stir with a spoon to mix, or use a milk frother, whisk, or blender to increase creaminess and foam. Top with a pinch of bee pollen.



Moringa leaf powder
(*Moringa oleifera*)
Herbal superfood for optimal wellness*

1/2 lb bag \ #7322 \ \$13.99

- Known to be a natural source of vitamins and minerals*
- Supports balanced energy levels and proper nutrient intake*
- Promotes overall wellness and vitality*
- Frequently referred to as an herbal superfood, and has become a popular addition to smoothies, shakes, and energy boosters due to incredible nutritional content*



Neem leaf powder
(*Azadirachta indica*)
Detoxification for pitta and kapha*

2/3 cup jar \ #7363 \ \$5.99 1/2 lb bag \ #7362 \ \$9.99 1 lb bag \ #7361 \ \$17.99

- 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*



Psyllium/Sat Isabgol husk whole
(*Plantago ovata*)
Natural source of fiber that supports healthy elimination*

1/2 lb bag \ #7692 \ \$8.99

- 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*



Musta root powder
(*Cyperus rotundus*)
Supports regular, comfortable menstruation and promotes healthy digestion*

1/2 lb bag \ #6932 \ \$12.99

- 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*



Pippali fruit powder
(*Piper longum*)
Rejuvenating herb that supports digestion and proper function of the respiratory system*

2/3 cup jar \ #6943 \ \$12.99 1/2 lb bag \ #6942 \ \$21.99 1 lb bag \ #6941 \ \$34.99

- Supports clear, comfortable breathing*
- Promotes a healthy liver and lungs*
- Supports digestion and a healthy metabolism*



Punarnava root powder
(*Boerhavia diffusa*)
Kapha-rejuvenating herb that promotes overall health and well-being*

1/2 lb bag \ #6952 \ \$12.99

- 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*



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

1/2 lb bag \ #7872 \ \$47.99

- 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*



Shankhapushpi herb powder
(Evolvulus alsinoides)
Supports a healthy nervous system and optimal brain function*

2/3 cup jar \ #6983 \ \$8.99 1/2 lb bag \ #6982 \ \$14.99 1 lb bag \ #6981 \ \$24.99

- 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*



Shatavari root powder
(Asparagus racemosus)
Rejuvenative for vata and pitta that promotes vitality and strength*

2/3 cup jar \ #6973 \ \$8.99 1/2 lb bag \ #6972 \ \$14.99 1 lb bag \ #6971 \ \$24.99

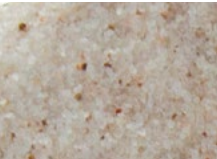
- A nutritive tonic for women and men*
- Encourages the healthy production of milk in lactating mothers and the healthy production of semen in would be fathers*
- Promotes fertility, a healthy libido, and proper function of the female reproductive system*



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

1/2 lb bag \ #7582 \ \$24.99

- 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)*



Salt, Natural Mineral
(Rock salt)
Ancient pink salt with 60 trace minerals—USA sourced*

2/3 cup jar \ #6653 \ \$5.99 1 lb bag \ #6651 \ \$9.99

- 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*



Shardunika leaf powder
(Gymnema sylvestre)
Supports healthy blood glucose levels and proper function of the pancreas*

1/2 lb bag \ #6962 \ \$14.99

- 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*



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

2/3 cup jar \ #7573 \ \$14.99 1/2 lb bag \ #7572 \ \$24.99 1 lb bag \ #7571 \ \$41.99

- 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*



Trikatu powder
(Kapha Digest)
Digestion formula for kapha*

2/3 cup jar \ #7543 \ \$9.99 1/2 lb bag \ #7542 \ \$19.99 1 lb bag \ #7541 \ \$32.99

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



Triphala powder
Balancing formula for detoxification and rejuvenation*

2/3 cup jar \ #7503 \ \$8.99 1/2 lb bag \ #7502 \ \$11.99 1 lb bag \ #7501 \ \$19.99

- 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*



Tulsi leaf powder
(Ocimum sanctum)
Sacred plant that promotes optimal function of the lungs and heart*

2/3 cup jar \ #6733 \ \$7.99 1/2 lb bag \ #6732 \ \$13.99 1 lb bag \ #6731 \ \$23.99

- 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*



Vasaka leaf powder
(Adhatoda vasica)
Supports proper function of the lungs and healthy respiration*

1/2 lb bag \ #6772 \ \$19.99

- Supports clear, comfortable breathing*
- Promotes healthy bronchodilation and proper function of the lungs*
- Reduces excess pitta and kapha in the respiratory tract*



Vidari Kanda root powder
(Ipomoea digitata)
A sweet, nutritive tonic that is a rejuvenative for vata and pitta*

1/2 lb bag \ #6992 \ \$14.99

- 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*



Triphala Guggulu powder
Detoxification and support for metabolic function*

2/3 cup jar \ #7883 \ \$29.99 1/2 lb bag \ #7882 \ \$69.99

- 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*



Turmeric root powder
(Curcuma longa)
Traditional cooking spice that promotes digestion and overall health and well-being*

2/3 cup jar \ #6753 \ \$6.99 1/2 lb bag \ #6752 \ \$9.99 1 lb bag \ #6751 \ \$17.99

- 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*



Vidanga fruit powder
(Embelia ribes)
Bolsters the natural defenses of the GI tract*

1/2 lb bag \ #7652 \ \$34.99

- 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*



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

2/3 cup jar \ #7893 \ \$29.99 1/2 lb bag \ #7892 \ \$71.99 1 lb bag \ #7891 \ \$119.99

- 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*

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Ghee—The Golden Nectar of Ayurveda

100% Organic Clarified Butter that Is Pure, Healthy, and Delicious

In ancient Vedic customs, it is said that Prajapati, the Lord of Creatures in Hindu mythology, rubbed his hands together and created ghee. He then poured the ghee into the fire, creating his offspring. Ghee thus symbolizes creation, auspiciousness, nourishment, and healing in its purest and most noble form.

Also called “clarified butter,” ghee is that beautifully golden yellow substance left over after the clarification process of transforming butter to ghee. While ghee is still technically considered a dairy product, it is the one dairy product that many with a lactose-intolerance or other sensitivities (like casein) can and do eat! This is because the clarification process extracts the parts of butter most difficult to digest, such as lactose, casein, whey proteins, and trace minerals. In addition, Banyan’s organic ghee is free of gluten, sodium, trans fats, and GMOs.

Ghee has been used for thousands of years in Ayurveda for religious ceremonies, therapeutically, even cosmetically, although it is most widely used for cooking. Ghee is often used as a substitute for butter in various recipes, and although ghee does not taste exactly like store-bought butter, it still has a delicious flavor and a smooth quality. Some even consider it to be superior and don’t want to return to regular butter after experiencing the taste—and benefits—of ghee!

Ghee Benefits

All foods hold a certain energy: Ghee holds a pure, sattvic energy, and sattvic foods are said to be abundant in prana, the universal life force, have a harmonious and peaceful nature, support physical strength, a strong and pure mind, good health, and longevity.

The health benefits of ghee are many: Ghee’s unctuous quality increases the suppleness of the body, supporting the transport of nutrients and wastes. Being a fatty base, ghee increases kapha, along with the most refined byproduct of kapha—ojas (the essence of immunity and life), and because it fuels the digestive fire, it facilitates the conversion of raw kapha into ojas.

Its detoxifying benefits have made ghee a notable element in cleansing rituals, and ingesting ghee is a core part of cleansing treatments and panchakarma. It has been found that many toxins have a lipophilic (fat-like) structure, allowing them to easily mix with ghee and move out of the body. In one striking study, it was found that panchakarma reduced mean levels of polychlorinated biphenyls, a common environmental toxin that is lipophilic, by an incredible 46%!

About Banyan’s Cows

At Banyan, our ghee is handmade in-house in small batches, made from the milk of organic grass-fed cows. They enjoy happy lives in the Sonoma, California sun and are looked after by award-winning butter producers who put the udder-most care into ensuring their comfort.



Watch the video on other creative ways to use ghee at banyanbotanicals.com/ghee-love-story





RCAT

Free Shipping on Orders Over \$60!*

*Shipped to continental U.S. addresses only.

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All product prices subject to change.



Turmeric Milk Mix
Nourishing Golden Milk Powder

#7423 | 3.5 oz bag | \$12.99

Warm, creamy, a touch sweet, and a touch spicy. A hint of cardamom and a whisper of cinnamon—all blended into a beautiful golden color. Doesn't this sound like a dreamy way to start your day?

Also called golden milk, this nourishing beverage offers an easy, delicious, and caffeine-free way to get your daily dose of turmeric and ashwagandha. Banyan's Turmeric Milk Mix is a cozy and creamy, guilt-free treat that's ready in minutes. Just add warm milk!

NEW!

