

# BODY

ayurvedic cardio superfoods

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Beet (Root) Powder, Organic Hawthorn (Berry) Powder, Organic Turmeric (Root) Powder, Acai (Fruit) Juice Powder, Organic Amla (Fruit) Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Organic Astragalus membranaceus (Root) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Camu Camu (Berry) Powder, Organic Coconut (Fruit) Powder, Goji (Wolfberry) Juice Powder, Pomegranate (Seed) Juice Powder, Acerola (Fruit) Juice Powder, Organic Mangosteen (Fruit) Powder, Organic Strawberry (Fruit) Powder, Organic Cranberry (Fruit) Juice Powder, Organic Maqui (Berry) Powder, Organic Jaboticaba (Fruit) Powder, Panax Ginseng (Root) Powder, Rhodiola rosea (Root) Powder, Triphala Powder, Organic Luo han guo (Monk Fruit) Powder

## suggested use

- Add ½ teaspoon BODY to milk, juice, smoothies, etc. Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Although it is not yet proven how inflammation directly causes cardiovascular diseases, the medical community agrees that chronic, low-grade inflammation is closely linked to all stages of atherosclerosis, a disease that underlies heart attack, stroke, and peripheral artery disease.

Just one serving of BODY provides powerful nourishment for your cardiovascular system and helps reduce chronic inflammation with our proprietary high nitrate beetroot (10,000 ppm) juice combined with hawthorn berry for maximum nitric oxide delivery. Nitric oxide helps the lining of the blood vessels relax, and that lowers blood pressure. This explains why our customers tell us that with consistent use of BODY their doctors are lowering their medications.

## ingredient highlights

- **Beets:** Researchers have known for some time that juice may help lower blood pressure, but in 2010 UK researchers revealed that nitrate is the special ingredient in beetroot which lowers blood pressure and may help to fight heart disease.
- **Hawthorn Berry:** Hawthorn berries are used widely as an approved treatment for early stages of heart failure in Europe. According to the University of Maryland, hawthorn berries contain compounds that help dilate blood vessels, prevent damage to blood vessels, and improve blood flow.
- **Curcumin (Turmeric):** A study published in the journal *Nutrition Research* stated that curcumin, the primary polyphenol in turmeric and which gives the spice its golden hue, is as effective in improving vascular function in post-menopausal women as a moderate aerobic exercise training regimen.
- **Antioxidant Complex:** Berries contain particularly high levels of antioxidants known as polyphenols. Increased intake of polyphenols may reduce the risk of cardiovascular disease by an impressive 46% according to the results of the international PREDIMED (Prevention con Dieta Mediterranea) study.
- **Amla:** The Indian Gooseberry has been well known to practitioners of Ayurvedic medicine for more than 3,000 years. There is growing evidence that the humble amla berry offers nearly legendary powers in healing and preventing atherosclerosis and related cardiovascular disease.
- **Adaptogen Complex:** Helps the body achieve the state of homeostasis by assisting hormone-producing glands such as the hypothalamus, pituitary, adrenals, thyroid, and pancreas as well as other glands and some hormone-producing organs such as the liver, kidneys, heart, and thymus.