





## VITAL VEDA TRIDOSHIC DIGESTIVE TEA

- Is suitable for all body types.
- Increases the digestive fire (*deepena*).
- Promotes complete digestion of food, including the backlog of earlier undigested food (*ama*).
- Helps in colic and digestion disturbances, bloating, gas and nausea.

This formula consists of 22 organic herbs blended into coarse powder and packed into a compact glass container for you to keep on you so anytime you can drop a pinch in hot water after meals or when you experience digestive discomfort.

A recipe designed by Dylan Smith, founder of Vital Veda, under the guidance of his teacher, Dr. Padma Raju, the herbal master of the Raju family,



**Ayurveda** - Aligning You With Nature.

Each jar contains 50 grams of coarse powder.

### **Ingredients:**

Shatapushpa (Foeniculum vulgare), Jeeraka (Cuminum cyminum), Dhanyaaka (Coriandrum sativum), Shunti (Zingiber officinale), Dead sea salt, Himalayan rock salt, Himalayan black salt, Underground Australian saline river salt, Australian lake salt, Amalaki (Embilica officinalis), Ajwain (Trachyspermum ammi), Haritaki (Terminalia chebula), Bhumiamalaki (Phyllanthus niruri), Methi (Trigonella foenum-graecum), Maricha (Piper nigrum), Pippali (Piper longum), Yasthimadhu (Glycyrrhiza glabra), Hing (Ferula assafoetida), Lavagna (Syzygium aromaticum), Krshna Ela (Amomum subulatum), Ela (Elettaria cardamomum), Tvak (Cinnamomum verum).

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