

# Tattva's Herbs Organics

*Ayurvedic Herbal Supplements, Oils, Creams & Attars*

www.tattvasherbs.com (877) 828-8824



tattva's herbs

- Extracted using Compressed Carbon Dioxide (CO<sub>2</sub>) without a trace of heavy-metal contaminants
- Harvested and wild-crafted using only sustainable, ecologically-friendly farming techniques
- Grown on farms free from chemicals, pesticides, and herbicides
- Available in 60 and 120 ct. bottles
- 100% Vegetarian, and Cruelty Free - no animal testing
- Gluten Free, Soy Free & Dairy Free



## Organic Amla



Amla is the most concentrated form of Vitamin C in the entire plant kingdom, containing up to 720 mg/100g of fresh pulp and 921 mg/100cc of pressed juice. This is approximately 20 times the vitamin C content of an orange. It is a very potent form of Vitamin C and yet is easily assimilated by the human body. Amla promotes and maintains healthy digestion, which in turn regulates the absorption of food by increasing the fire (known as "Agni" in Ayurveda) in the stomach, without creating any excess stomach acids. \*

## Organic Ashwagandha



Ashwagandha (Winter Cherry) is widely used in Ayurveda for helping the body adapt to stress by supporting the body's own ability to cope with the moodiness and temporary fatigue associated with anxiety and tension. It is referred to as *Rasayana*, (sanskrit) or "Powerful Rejuvenator," and is sometimes called Indian Ginseng. Like Ginseng, Ashwagandha is known for its ability to enhance the *Ojas*, and it is even cited in the Kama Sutra as an aid to maintaining a healthy libido. More recently, Ashwagandha has been used as a natural training aid. \*

## Organic Bacopa



Bacopa is the quintessential Ayurvedic nerve and brain tonic. Bacopa is included in a class of Ayurvedic herbs called "*brahmi*," literally translated this mean "God-like." Such a title shows the veneration that Bacopa receives in the science of Ayurveda. This is due to its multitudinous benefits for the body and mind. Bacopa has been used to support healthy brain development, enhancing clear memory function and promoting an active imagination. It is also useful for easing occasional nervousness and mental strain, without the harmful side effects found with common sedative use. \*

## Organic Boswellia



Boswellia is the premier Ayurvedic herb in helping the body maintain a healthy and positive inflammation response while avoiding the irritation associated with many conventional pain relievers. In traditional Ayurveda, Boswellia is believed to benefit muscle and joint flexibility and provide mobility by supporting the body's healthy connective tissue and maintaining blood supply to the joints. In addition to being popular in Indian Ayurvedic medicine, Boswellia is used medicinally in Africa, the Middle East and China. It is said that the Biblical incense frankincense was probably derived from the sappy resin of the Boswellia Tree. \*

## Organic Ginger



This time-tested herb has a variety of important health benefits. In quick summary, Ginger is an excellent product for digestion, circulation, and maintaining healthy stomach, liver, and intestinal functioning. It is also known to promote a healthy inflammation response. Ginger is very calming for digestion, and is a great product to relieve nausea or upset stomach. This wonderful gift from Nature has many additional health benefits, and we are pleased to be able to offer this amazing herb as a supercritical extract.

## Organic Gotu Kola



Gotu Kola is a rejuvenative nerve that has been used for centuries in traditional Ayurvedic and African medicine, as well as in Chinese medicine. As a brain tonic, it is said to maintain and promote healthy focus and memory. It is used as an aid for meditation that is said to balance the two sides of the brain. Gotu Kola is known in Ayurveda as "food for the brain". It is used as an aid in controlling unhealthy stress levels and can help encourage optimism. Gotu kola has a positive effect on maintaining healthy circulatory functioning and blood flow. It is also said to speed up the process of healthy healing for skin problems. \*

## Organic Gymnema Sylvestre



Gymnema Sylvestre has been used in India for more than 2000 years to control the presence of carbohydrates in urine. The Indian name Gumar or Gurmar literally means "Sugar Killer", or "sugar destroyer" in Ayurveda, because of its ability to block sweet taste. It is one of the most famous Ayurvedic herbs for promoting and maintaining healthy blood sugar levels.

## Organic Guggul



Guggul has been used in Ayurvedic medicine for centuries, and Ayurvedic texts dating back to 600 BC recommend it for treatment of atherosclerosis and digestive disorders. The Sanskrit definition of the term "guggul" is "one that protects against diseases." This attests to the wide respect and therapeutic Ayurvedic applications for this botanical, considered to be the most important herb for the removal of "ama," or toxic substances which accumulate as a result of sluggish digestion and circulation associated with a slowing of metabolism.



## Co2 Extractions (cont.)

### Organic Holy Basil (Tulasi)



Tulasi, or Holy Basil is an herbal remedy that has been used for centuries in traditional Ayurveda and is an important symbol in the Hindu religious tradition. The name 'Tulasi' connotes "the Incomparable One". Tulasi is a venerated plant that Hindus worship in the morning and evening. Tulasi is an important constituent of many Ayurvedic expectorants. It helps to maintain healthy mucus levels, and the oil is rich in vitamin C, carotene, calcium and phosphorus.

### Organic Male Shakti



Male Shakti is a synergistic Co2 formula designed to balance, integrate, and normalize the functioning of the male reproductive system, while helping to provide stamina, vigor, and maintain overall male health. This original combination of potent herbs assists in promoting healthy testosterone levels in the body, and works to promote the overall health of the male physiology. Male Shakti combines traditional Ayurvedic herbs with the powerful Muiri Puma to create this unique preparation. Muira Puma has historically been used throughout the world to increase Shukra, or reproductive fluid, which helps to maintain healthy balance and confidence. Combined with the traditional Ayurvedic herbs Tribulus, Ashwagandha and Mucuna, Male Shakti delivers a safe and reliable compound to promote male health and vitality.

### Organic Mucuna



Mucuna Pruriens has been shown to have many health benefits- both physically and psychologically, having shown to help maintain healthy stress levels. This herb is recognized for its anti-oxidant qualities, and contains L-DOPA, a neurotransmitter, and has been used as an antidepressant. It has long been used successfully for Parkinson's disease, and also as an aphrodisiac, as it helps to maintain healthy testosterone levels. \*

### Organic Neem



In India the Neem Tree is known as the "Village Pharmacy," because of its myriad of uses. In Swahili it is called Mwarobaini, which means the tree of forty, because of its many uses. It is the herb of choice for maintaining healthy skin, hair, and nails. In Ayurveda, Neem is said to maintain both healthy blood and a healthy immune response. Neem possesses similar benefits to those of Echinacea & Goldenseal. Even Gandhi revered Neem and called for additional scientific investigation into the powerful herb as part of his program to revitalize Indian traditions. \*

### Organic Shatavari



Shatavari is also known as Asparagus racemosus and its name roughly translates to "she who possesses 100 husbands." Shatavari is a cooling, calming, nourishing and purifying herb which has a special affinity with women though it is also excellent for men. It is known to maintain and nourish the female reproductive organs. For men it is a nutritive tonic similar to ginseng. Because Shatavari is a gentle herb which regulates growth, is a systemic tonic, and is calming, it is considered, along with Ashwagandha and Brahmi, to be excellent for people of all ages. In Ayurveda this amazing herb is known as the "Queen of Herbs" because it promotes love and devotion.

### Organic Tribulus



Tribulus is an herb that has been used for centuries in Ayurveda to promote healthy Gokhru (reproductive system) in both men and women. It is said to have an aphrodisiac action due to the presence of saponin. Tribulus also maintains healthy levels of testosterone and hormones in the body, making it a great supplement for athletes. Tribulus Terrestris is an all natural herb that stimulates the Luteinizing Hormone, the hormone responsible for the body's testosterone production.

### Organic Turmeric Curcumin



We at Tattva's Herbs believe that Turmeric is one of the most beneficial herbs on our planet. Tri-Force Turmeric-95 is a breakthrough in curcumin bioavailability. From our Supercritical formulas to our certified organic products we are convinced that we offer the latest technology in combination with the wisdom of Mother Nature. We are pleased to present the world's first and only Turmeric product that combines a supercritical full-spectrum turmeric extract with complete bio-availability and added Turmerones and Curcuminoids. Next, we combine it with a full-spectrum hydroethanolic extract that contains at least 11% curcuminoids and 55% Turmerones. This breakthrough in Turmeric production is literally the only way to capture the full essence of the Turmeric plant, and the countless benefits it has to offer.

### Organic Triphala



Triphala is composed of three herbs: Haritaki, Bibhitaki and Amalaki. Amla helps to maintain healthy cells in the intestinal wall, and the fruit contains the highest natural known plant source of vitamin C. It is said to have 20 times the vitamin C content of an orange. Bibhitaki acts to promote healthy mucus levels. The last is Haritaki, which acts as a bowel toner, rather than a laxative. These three herbs work in consort to gently promote internal cleansing, while at the same time, they aid in healthy digestion and assimilation of food. In India, Triphala is considered the greatest and most versatile of all herbal formulations.

### Organic Triphala-Guggul



Triphala Guggul is a classic Ayurvedic formulation that we are pleased to be able to provide to you in Supercritical (Co2) form. It combines the antioxidant and digestive support of Triphala with the cholesterol and metabolism support of Guggul. Triphala Guggul has been proven to help maintain healthy weight control, cholesterol levels, digestion, metabolism, and overall health. This formula is extremely cleansing for the body and can help rid natural toxins that are buried in bodily tissue. Triphala Guggul is the premiere formula for maintaining a healthy weight, and also for promoting healthy digestion.

## Herbal Supplements



**CoQ10** This herbal blend is helpful in maintaining and regulating heart health and mitochondrial function.

Tattva's Herbs' CoQ10 formula combines the powerful Ayurvedic cardiogenic herbs, Arjuna, Inula Racemosa, and Guggul, with the potent antioxidant properties of CoQ10. CoQ10-(Ubiquinone) is a critical nutrient involved with the production of energy within our bodies' cells. This proprietary Ayurvedic Formula helps to maintain heart functions and normal cholesterol levels. This formula is highly bioavailable and supports the cardiac muscle, helping to cleanse and purify the cardiovascular system, and promotes a healthy response to life's stresses, food impurities, and exposure to the elements. Co10 provides targeted nutrition, which maintains healthy arterial walls and assisting with healthy digestion and fat metabolism. In addition, this formula provides great nourishment to the blood and overall heart function as you age.



**CardioPure** According to Ayurveda the heart is the seat of life energy or "Prana". The negative effects of stress, both physical and emotional, can put strain on the heart, and destroy balance in the most vital part of the body. Tattva's Herbs is pleased to offer a natural therapeutic aid to promote that balance and maintain healthy blood pressure. The herb Rauwolfia Serpentina, in particular has powerful stress relief properties. Combined with time tested herbs Arjuna, Tribulus, Shankapushpi, Boeharvia Diffusia, Rauwolfia Serpentina, Ashwagandha, Rose Powder, Jatamansi, and Inula Racemosa, this is a very potent and effective formula. \*



**Chyawanprash** Chyawanprash Pronounced CHA-WON- PROSH is a traditional Ayurvedic herbal jam made in a base of amalaki fruit. Amalaki fruit, or Amla fruit is one of the richest sources of vitamin C known to man, and is thus a powerful antioxidant and excellent rejuvenative. While providing energy and vitality to all the cells of the body it both nourishes and promotes healthy immune response. Tattva's Herbs' Chyawanprash is formulated from a traditional recipe that contains nearly 50 herbs which include Ashwagandha, pippali, cardamom, nutmeg, cinnamon, saffron and many others in a base of clarified butter and honey. \*



**Premium Shilajit** Tattva's Herbs is pleased to present the most potent and pure Shilajit Moomiyo available anywhere. Used by Russian olympic athletes and cosmonauts for over four decades to enhance physical and mental performance, Shilajit is known to promote vitality and core strength. According to legends famous in India, Shilajit is considered as nectar from God, given to mankind to live life youthfully and become immortal. Shilajit is a kind of resin that oozes out from Himalayan Mountains due to the heating effect of the sun in summer. True Shilajit Moomiyo is rare and difficult to find. It is recognized for its rejuvenative properties, and studies have proven its ability to promote healthy recovery time for injuries and improve muscle strength. \*



# Ayurvedic Oils

## Brahmi Oil

Called “Food of the Brain” in Ayurveda

**Brahmi Oil** is often called the food of the brain and has been used for centuries in Ayurveda to help calm the mind, and as a memory enhancer. CO2 Brahmi Hair and Body Oil has a naturally sweet fragrance and is used as an herbal scalp and skin tonic. It can be massaged directly on the scalp and forehead. Brahmi oil is also used as a memory enhancer and is known for promoting intelligence, improving memory, and for the revitalization of the five sense organs. In Ayurveda, it is used traditionally to both calm and sharpen the mind and to pacify high Pitta.

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Brahmi Amla Hair Oil

This traditional Ayurvedic oil combines the peaceful and calming effects of Bacopa (Brahmi) with the rejuvenating power of Amla. Brahmi is often called *the food of the brain* and is used in Ayurveda to help calm the mind. It has been used for centuries as a natural herbal hair rejuvenator and memory enhancer. Brahmi Amla Hair Oil has a naturally sweet fragrance. It is used as an herbal scalp and skin tonic. \*

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Calming Body and Massage Oil

### Vata Balancing

**Calming Body and Massage Oil** combines Lemongrass and Bhringraj to balance and calm the senses. Organic Sesame oil is an age-old Ayurvedic remedy for deeply nourishing the skin and reducing anxiety. Perfect for those with a tendency toward imbalance of Vata, the air sign, who suffer from mental stress, worry, and overall dryness. Excellent for use as an all-over moisturizer, and is especially effective as part of a daily self-massage ritual. All ingredients are 100% certified organic, and herbs are extracted using innovative supercritical technology.

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Cooling Body and Massage Oil

### Pitta Balancing

**Cooling Body and Massage Oil**, with its Rose, Geranium, Palmarosa, and Nutmeg work to clear heat by strengthening the cooling functions of the body and calming the mind. Cyperus works at both muscle and skin levels to reduce redness and inflammation associated with excess heat. Perfect for those seeking to pacify Pitta, the fire constitution. Excellent for use as an all-over moisturizer, and is especially effective as part of a daily self-massage ritual. All ingredients are 100% certified organic, and herbs are extracted using innovative supercritical technology.

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Warming Body & Massage Oil

### Kapha Balancing

**Warming Body and Massage Oil** combines Turmeric, Ginger Lily, Cedarwood and Cinnamon in a base of Organic Sesame oil to stimulate and bring heat to the body. Alleviates congestion and stagnation by increasing circulation and energy flow within the system. Perfect for those with Kapha imbalance, who tend toward sluggishness, fluid retention, overall lack of energy. Excellent for use as an all-over moisturizer, and is especially effective as part of a daily self-massage ritual. All ingredients are 100% certified organic, and herbs are extracted using innovative supercritical technology.

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Coconut Oil

A “Heavenly” Coconut Oil, this is cholesterol-free and rich in medium-chain “good fats”, with 50% Lauric Acid—a nutrient that supports a healthy metabolism. Our Coconut Oil is raw, extra-virgin and is not refined, deodorized or bleached. It is also free from pesticides, GMOs, and hexane. Versatile both in the kitchen and for cosmetic use, Coconut Oil is a healthy substitute for shortening in baking, a “better-than-butter” replacement on bread and veggies, and a luscious, moisturizing and soothing body oil. So Savor its naturally rich aroma and enjoy the heavenly, creamy taste of the tropics. \* Coconut oil is in a liquid state at 76 degrees F and over. Please be careful when opening.

Available in: 14 oz.



## Hair Plus Oil

From the pure herbs like Amla, Bacopa and Gotu Kola which have incredible rejuvenating properties to the heavenly, exquisite scent of 100% pure Jasmine Flowers, Hair Plus Oil will leave your hair radiant with a delicate scent. In a base of pure organic Sesame and Lemon Oil, this oil is designed to make your hair beautiful as well as nurture a healthy scalp. Hair Plus Oil is a natural herbal hair rejuvenator useful for all types of hair. Used regularly Hair Plus Oil will keep your hair young and luxurious looking. Once you have tried this extraordinary oil we think you will agree that there is nothing else quite like it.

Available in: 2 oz., 4 oz., 8 oz., & 16 oz.



## Joint Care Oil

**Joint Care Massage Oil** is prepared precisely according to the traditional recipe in the ancient Ayurvedic textbooks. It contains Boswellia and as such, provides deep, penetrating relief for inflamed joints, stiffness and muscle pain. This all natural herbal blend will warm the body and simultaneously calm and soothe sore muscles and stiff joints. In addition to other Ayurvedic herbs, Muscle and Joint Massage Oil contains a therapeutic blend of Boswellia, Turmeric and Ginger in a base of pure Sesame Oil. It has the unique fragrant scents of Camphor, Eucalyptus and Peppermint to soothe the body and please the senses.

Available in: 2 oz. & 4 oz.



## Maha Narayana Oil

**Maha Narayana Oil** was first used thousands of years ago and is still worshiped as the all mighty God, “Narayana.” With over 52 herbs used in this formula, it can assist in the promotion of healthy circulation and is useful in maintaining healthy muscle and joint functions. It is also beneficial to help stimulate healing as well. This classic Ayurvedic oil is made in three stages: First, purified Sesame oil is treated with a decoction of 13 herbs, and then 42 other ingredients are added to the oil in a paste form. It is again heated and then it is further processed according to the strict method taught in Ayurveda. It is made in 3 stages called: Murchan Draya, Kalka Draya Kwath Draya. It is once again heated until the water evaporates and removes all the impurities and toxins.

Available in: 2 oz. & 4 oz.



## Maha Vishgarbha Oil

**Maha Vishgarbha oil** combines 72 different herbs in its preparation according to ancient Ayurvedic recipes. It is extremely effective for maintaining healthy joints and muscles, and promotes healthy recovery from injuries, surgery, illness and even some chronic conditions affecting the muscle and joint tissues. It is considered to be one of the most powerful of all of the Ayurvedic oil formulas.

Available in: 2 oz. & 4 oz.





## Supercritical Creams

### *Skin Rejuvenating* Anti-Aging Skin Cream

Contains Amla, Turmeric and Ashwaganda which combine to promote a healthy immune response, offering not only renewal but also protection from the harsh elements. Amla, a remarkably concentrated source of Vitamin C, works specifically to increase the synthesis of collagen, reducing wrinkles and enhancing skin's vitality. Holy Basil, Mucuna and Brahmi facilitate regeneration and strengthen underlying connective tissues, resulting in increased elasticity and a more youthful appearance. Licorice balances and evens skin tone while Sandalwood and Rose oils work to tone and bring hydration back to stressed skin. All herbs are 100% certified organic and extracted using innovative supercritical technology.



### Soothing Calendula-Rose Ointment

Calendula and Turmeric combine to create a soothing ointment that works to heal and relieve irritated, wounded, or sensitive skin. Indian Sarsaparilla's incredible healing and astringent properties are effective in maintaining healthy skin. Supercritical Rose Attar, a gentle antiseptic, soothes and softens even the most sensitive skin while working to create a sense of balance, allowing for healing from within. Soothing Calendula-Rose Ointment is gentle enough to be used on babies. All herbs are 100% certified organic and extracted using innovative supercritical technology.



### *Firming & Enhancing* Breast & Body Cream

Shatavari, Ayurveda's most potent tonic for women helps to firm breast, décolleté, and other tissues in need of rejuvenation. Stretch marks are toned and minimized, as skin becomes more resilient. Valuable phytonutrients play an essential role in balancing female hormones while simultaneously detoxifying and nourishing. Pomegranate, Fenugreek and Mucuna soothe and awaken tired, stressed skin, resulting in a lifted and supple appearance. Sandalwood, Rose, and Lavender soothe and hydrate. All herbs are 100% certified organic and extracted using innovative supercritical technology.



### Holy Basil Ultimate Healing Cream

Powerful extracts of Holy Basil, Neem, and Turmeric combine to remove impurities and promote a healthy inflammatory response for those suffering from psoriasis, eczema, rashes and acne. Indian Jasmine works to help the skin deal with bacteria and symptoms that can result from them, such as itching and burning, while lessening the appearance of scarring. This unique formula balances moisture levels in the skin, keeping oil under control without over-drying. Can be used as part of a daily regimen for more stubborn skin, to prevent new breakouts of acne or psoriasis, & many types of rashes - or as a temporary spot-treatment as needed.



### Enlightening Skin Cream

Turmeric, a traditional skin lightener, combines with soothing Calendula to correct uneven skin tone due to sun damage, age spots, and stretch marks. Areas of excessive pigmentation are balanced creating a smooth, radiant appearance. Sandalwood and Orange work to even and lend light to skin, resulting in a soft, glowing complexion. All herbs are 100% certified organic and extracted using innovative supercritical technology.



## *Attars*

### What is a true Attar?

A true Attar is a scent or perfume oil that is made by distilling the finest ingredients in water in a process that lasts several weeks. Attars can be made from spices, resins, exotic woods, and flower petals which are blended into a base of pure, fine sandalwood oil. The sandalwood is used to bind with the molecules of the fragrance, which allows the scent to truly develop and last for hours. True Attars are exotic and reminiscent of a fine wine in that the scents truly improve with age. There is not a more pure and natural perfume than a true Attar.

The fine art of Attar production is quickly vanishing, so at Tattva's Herbs we are very honored and proud that we are able to provide you with the opportunity to experience the unparalleled scent and joys that are brought about by a "True Attar." It is our promise to you that all of our Attars are all ethically obtained, sustainably harvested, and 100% natural. We feel that these wonderful aromas truly have the power to brighten one's day, and we hope that you will find as much enjoyment in wearing them as we do in providing them.

All attars are available in .25 oz or .5 oz bottles

*Champaca Attar   Gul Hina Attar   Hina Attar   Jasmine Attar*  
*Kewda Attar   Mahendhi Attar   Rose Attar*

## *Capomo (Maya Nut)*

### Coffee substitute

Capomo, Nutrient-rich food of the Mayan civilization is Nature's Superfood -packed full of nutrients, caffeine-free and delicious.



## *Chyawanprash - the "Ageless Wonder"*



Chyawanprash, pronounced CHA-WON-PROSH is a traditional Ayurvedic herbal jam made in a base of Amalaki fruit. Amalaki fruit - or Amla is the richest source of vitamin C known to man. It is often called the "Ageless Wonder" due to its remarkable rejuvenative properties and its ability to promote vigor, vitality, and youthfulness. This powerful herbal jam is rich in antioxidants, and is known to have phenomenal and profound effects on numerous systems within the body, including: respiratory, nervous, and circulatory systems. While providing energy and vitality to all the cells of the body, it both nourishes and strengthens the immune system. In Ayurveda, Chyawanprash is the most respected and well known "rasayana" of all, (sanskrit word describing an "elixir of life"). This time-tested remedy is certainly remarkable, and a true pillar of a healthy lifestyle. Today it is praised with the same esteem that it was over 4,000 years ago. Literally thousands of years of experience and knowledge are combined in the preparation of Chyawanprash, which makes it one of the most widely recognized and highly respected of all of the Ayurvedic formulas. It serves to gently balance the nervous system, the mind, the respiratory system and helps to promote healthy digestion and elimination.

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