

# Shatavari POWDER

(*Asparagus racemosus*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1 lb • 454g



## Shatavari powder

Nourishing tonic for women and men\*

Maintains a healthy female reproductive system\*

Supports healthy lactation\*

Supports the healthy production of semen\*

Shatavari (*Asparagus racemosus*) 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. As a nutritive tonic, it encourages the healthy production of milk in lactating mothers and the healthy production of semen in would-be fathers. It is also useful during menopause and for women who have had hysterectomies. Shatavari supports a healthy immune system and assists in both physical and mental digestion. Its unctuous quality soothes the membranes of the lungs, stomach, kidneys, and reproductive organs.\*

**Suggested Use:** ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Sustainably Sourced

Fairly Traded

**Banyan Botanicals** was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.

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well-being

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### Supplement Facts

Serv Size: ½ tsp Servings: 420

Amount Per Serving

Shatavari root ½ tsp\*\*  
*Asparagus racemosus*+

+Certified Organic

\*\*Daily Value Not Established

Lot No. XXXXXX

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