

NutriVeda Ingredients



GYMNEMA (GYMNEMA SYLVESTRE)

Often called the “sugar destroyer,” Gymnema has been used by Ayurvedic healers to help support healthy blood sugar levels for thousands of years. Gymnema also supports a healthy metabolism.

GUGGUL (COMMIPHORA MUKUL)

Known as the “fat killer” in Ayurvedic medicine, Guggul is a powerful resin extract that comes from the small, thorny mukul myrrh tree. It is known in Ayurveda for its ability to help rid the body of unwanted fat, increase cellular fire, and support healthy cholesterol levels and liver function.

TURMERIC (CURCUMA IONGA)

Native to tropical South Asia, Turmeric demonstrates the ability to compliment circulation and digestion and has been used for thousands of years as a safe anti-inflammatory.

GREEN TEA (CAMELLIA SINENSIS)

A powerful antioxidant, green tea contains high concentrated levels of EGCG that neutralize toxic free radicals within the body. It also works to protect the DNA, regulate blood sugar levels, increase thermogenesis, and boost energy.

AMALAKI (EMBLICA OFFICINALIS)

Known as the “great rejuvenator,” Amalaki is revered for over 5,000 years in Ayurveda for its rejuvenating properties. This superfood promotes energy and vitality, supports immune function, promotes the digestive system, stabilizes blood sugar levels, and has an overall rejuvenating effect on the body required during weight loss.

HARITAKI (TERMINALIA CHEBULA)

Haritaki has been shown to nourish tissues—particularly the heart, liver, and kidney—and treat diseases of the eye, and by blocking the ability to utilize sugars, Haritaki may have cholesterol-lowering qualities and help eliminate bacteria.

CINNAMON (CINNAMOMUM VERUM).USED IN THE VANILLA VERSION OF NUTRIVEDA

Cinnamon has a long history both as a spice and as a medicine. Cinnamon aids with problems in the digestive system and is high in antioxidants. Seasoning a high carb food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

CAYENNE (CAPSICUM ANNUUM).USED IN THE CHOCOLATE VERSION OF NUTRIVEDA

Many herbalists believe that cayenne acts as a catalyst and increases the effectiveness of other herbs when used with them. Cayenne is a medicinal and nutritional herb. Medicinally it aids in elimination and assimilation.