



MY HEALTHY
digestion
DIGESTIVE & LIVER SUPPORT*

30 PACKETS (7 VEGAN CAPSULES) DIETARY SUPPLEMENT

YouVeda™ Ayurvedic Support Supplement Facts

Serving Size: 3 Vegan capsules | Servings per Kit 30

	Amount Per Serving	%DV**
Proprietary Digestive Support Blend	1,667 mg	***
Licorice (root) Extract (containing less than 4% glycyrrhizic acid), Triphala (fruit) Blend Extract, Turmeric (root) Extract (95% curcuminoids), Tinospora (leaf & stem) Extract.		

** Percent Daily Values (DV) are based on a 2,000 calorie diet. *** Daily Value not established.

Other ingredients: Vegan capsule (hypromellose and water), cellulose, magnesium stearate (vegetable source) and silicon dioxide.

YouVeda™ GI Enzyme Supplement Facts

Serving Size: 1 Vegan capsule (delayed release)
Servings per Kit 30

	Amount Per Serving	%DV**
Proprietary GI Botanical Blend	400 mg	
Trikatu Blend extract (Ginger root, Long Pepper Fruit, Black Pepper Fruit), Andrographis (whole plant) extract, Eclipta (herb aerial parts) extract, Tinospora (leaf & stem) extract.		***

Proprietary GI Enzyme Blend	202 mg	
Protein Digestion		***
Protease, Peptidase, Protease (Acid Stable), Papain		

Fat Digestion		***
Lipase		

Carbohydrate Digestion		***
Amylase, Alpha Galactosidase, Lactase, Cellulase, Phytase, Invertase, Hemicellulase.		***

** Percent Daily Values (DV) are based on a 2,000 calorie diet. *** Daily Value not established.

Other ingredients: Vegan capsule (hypromellose and water), cellulose, magnesium stearate (vegetable source) and silicon dioxide.

YouVeda™ Beta Glucan Supplement Facts

Serving Size: 1 Vegan capsule | Servings per Kit 30

	Amount Per Serving	%DV**
Oat Beta Glucan Complex	750 mg	***
(containing 500 mg beta glucan)		***

** Percent Daily Values (DV) are based on a 2,000 calorie diet. *** Daily Value not established.

Other ingredients: Vegan capsule (hypromellose and water).

SUGGESTED USE:

Enjoy one packet daily.
Please consume with food.

KEEP IN A COOL, DRY PLACE.
AVOID STORING IN DIRECT SUNLIGHT.

Allergen Warning: YouVeda™ GI Enzyme contains ingredients fermented on soy & wheat. YouVeda™ Multi-Vitamin contains ingredients derived from soy.

Warning: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition.

Keep out of reach of children.
Do not use if seal is broken.

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

YouVeda™ Multi-Vitamin Supplement Facts

Serving Size: 1 Vegan capsule (delayed release) | Servings per Kit 30

	Amount Per Serving	%DV*
Vitamin A (as retinyl palmitate, beta carotene) (2,500 IU)	750 mcg RAE	83%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	225 mg	250%
Vitamin D3 (as cholecalciferol) Vegan (500 IU)	12.5 mcg	63%
Vitamin E (as d-alpha tocopheryl acetate) (15 IU)	10 mg	67%
Vitamin K2 (as menaquinone MK7)	50 mcg	42%
Vitamin B1 (as thiamine hydrochloride)	10 mg	833%
Vitamin B2 (as riboflavin 5 phosphate)	10 mg	769%
Vitamin B3 (as niacin, niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxal 5 phosphate)	10 mg	588%
Folate (as Quatrefolic® (6S) 5-methyltetrahydrofolate, glucosamine salt) 400 mcg	666 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	250 mcg	10417%
Biotin	1 mg	333%
Vitamin B5 (from calcium pantothenate)	50 mg	1000%
Calcium (from calcium citrate)	25 mg	2%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	25 mg	6%
Zinc (from zinc bisglycinate chelate)	7.5 mg	68%
Selenium (from l-selenomethionine)	35 mcg	64%
Copper (from copper bisglycinate chelate)	500 mcg	56%
Manganese (from manganese bisglycinate chelate)	1 mg	43%
Chromium (from chromium nicotinate glycinate chelate)	50 mcg	143%
Molybdenum (from molybdenum nicotinate glycinate chelate)	50 mcg	111%

Proprietary Multi Support Blend	44 mg	**
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Alpha Lipoic, Boron Glycinate (Bororganic), Amla (Indian Gooseberry) Fruit Extract, Seabuckthorn Fruit Extract, Shilajeet (mineral pitch) Extract, Trikatu Extract Blend (Ginger Root Extract, Long Pepper Fruit Extract and Black Pepper Fruit Extract), Glutathione (reduced), Lutein and Lycopene.

** Daily Value not established.

Other ingredients: Vegan Delayed Release Capsule (hypromellose, gellan gum and water). Quatrefolic® is a registered Trademark of Gnosis S.p.P Patent No. 7,974,662.

YouVeda™ Probiotic 50 B Supplement Facts

Serving Size: 1 Vegan capsule (delayed release) | Servings per Kit 30

	Amount Per Serving	%DV**
Proprietary Probiotic 5 B Blend*	180 mg	***
Bacillus Coagulans, Saccharomyces Boulardii, Streptococcus thermophilus St-21.		***
Proprietary Lactobacillus 30 B Blend*	137.5 mg	***
Lactobacillus acidophilus La-14, Lactobacillus brevis Lbr-35, Lactobacillus bulgaricus Lb-87, Lactobacillus casei Lc-11, Lactobacillus gasseri Lg-36, Lactobacillus plantarum Lp-115, Lactobacillus salivarius Ls-33, Lactobacillus rhamnosus Lr-32.		***
Proprietary Bifidobacterium 25 B Blend*	40 mg	***

Bifidobacterium lactis Bl-04, Bifidobacterium bifidum Bb-02, Bifidobacterium longum Bl-05, Bifidobacterium breve Bb-03.

* Billions of microorganisms at time of manufacture.

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

*** Daily Value not established.

Other Ingredients: FOS (fructooligosaccharides), Vegan Capsule (hypromellose and water), Acacia Fiber, Magnesium Stearate (vegetable source) and Silicon Dioxide.



100% VEGAN



DAIRY & EGG FREE



DOES NOT CONTAIN ANY GMO'S



Manufactured in FDA Registered Facilities.



Manufacturing, packaging and testing performed in accordance to Good Manufacturing Practices.



Manufactured In The USA.

Distributed by YouVeda, LLC

Dallas, TX 75024.

For any questions, comments or concerns email us at customerservice@youveda.com or call us at: 1-855-YOU-VEDA (968-8332)

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