



MY HEALTHY  
**body**  
OVERALL HEALTH &  
WELL-BEING SUPPORT\*

30 PACKETS  
(6 VEGAN CAPSULES)  
DIETARY SUPPLEMENT

### YouVeda™ GI Enzyme Supplement Facts

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

	Amount Per Serving	%DV**
<b>Proprietary GI Botanical Blend</b>	400 mg	
Trikatu Blend (Ginger root, Long Pepper Fruit, Black Pepper Fruit), Eclipta (herb aerial parts) extract, Tinospora (leaf & stem) extract, Andrographis (whole plant) extract.		
<b>Proprietary GI Enzyme Blend</b>	202 mg	
<b>Protein Digestion</b>		
Protease 800,000 HUT/g, Peptidase 1,200 DPPIVg, Protease Acid Stable 3,000 SAP/g, Papain 800 TU/mg, Protease 800,000 HUT/g		***
<b>Fat Digestion</b>		
Lipase 150,000 FIP/g		***
<b>Carbohydrate Digestion</b>		
Amylase 100,000 SKB/g, Alpha Galactosidase 10,000 GAL/g, Lactase 100,000 ALU/g, Cellulase 150,000 CU/g, Phytase 2,000 FT/g, Invertase 100,000 SU/g, Hemicellulase 400,000 HCU/g.		***

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

**Other ingredients:** Vegan capsule (hypromellose and water).

### YouVeda™ Ayurvedic General Support Supplement Facts

Serving Size: 3 Vegan capsules | Servings per Kit: 30

	Amount Per Serving	%DV**
<b>Proprietary General Support Blend</b>	1,667 mg	
Ashwagandha (root) Extract, Triphala (fruit) Blend Extract-Amla (Indian gooseberry), Bibhitaki (Belleric myrobalan), Haritaki (Chebulic Myrobalan), Tinospora (leaf & stem) Extract		
** Percent Daily Values (DV) are based on a 2,000 calorie diet. *** Daily Value not established.		
<b>Other ingredients:</b> Vegan capsule (hypromellose and water), cellulose, magnesium stearate (vegetable source) and silicon dioxide.		

**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.

- 100% VEGAN
- DOES NOT CONTAIN ANY GMO'S
- DAIRY & EGG FREE



**YOUVEDA®**  
Ayurveda Made Simple™

### 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 \*\*

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**
<b>Proprietary Probiotic 5 B Blend*</b>	180 mg	***
Bacillus Coagulans, Saccharomyces Boulardii, Streptococcus thermophilus St-21.		
<b>Proprietary Lactobacillus 30 B Blend*</b>	137.5 mg	***
Lactobacillus acidophilus Lb-14, Lactobacillus brevis Lbr-35, Lactobacillus bulgaricus Lb-87, Lactobacillus casei Lc-11, Lactobacillus gasserii Lg-36, Lactobacillus plantarum Lp-115, Lactobacillus salivarius Ls-33, Lactobacillus rhamnosus Lr-32.		
<b>Proprietary Bifidobacterium 25 B Blend*</b>	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.

#### SUGGESTED USE:

Enjoy one packet daily. Please consume with food.

KEEP IN A COOL, DRY PLACE.

AVOID STORING IN DIRECT SUNLIGHT.



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](mailto:customerservice@youveda.com) or call us at: 1-855-YOU-VEDA (968-8332) [www.youveda.com](http://www.youveda.com)

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