

# SOUL

liver support & alkalizing wholefoods

HBNaturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Organic Coconut (Fruit) Powder, Organic Lemon (Fruit) Powder, Milk Thistle (*Silybum marianum*) Seed Powder, Organic Camu Camu (Berry) Powder, Organic Jerusalem Artichoke (*Helianthus tuberosus*) Powder, Dandelion (*Taraxacum officinale asterolus*) Root Powder, Organic Amla (*Phyllanthus emblica*) Berry Powder, Organic Ashwagandha (*Withania somnifera* Root) Powder, Organic Astragalus membranaceus (Root) Powder, Luo han guo (Fruit) Powder, Panax (*Panax quinquefolius* L.) Ginseng, Organic Gotu Kola Powder, Organic Alfalfa (Leaf) Powder, Organic Barley (Grass) Powder, Organic Broccoli Powder, Organic Moringa (Leaf) Powder, Organic Spinach Powder, Organic Spirulina Powder, Organic Beet (Root) Powder, Organic Tomato (fruit) Powder, Organic Dulse (*Palmaria palmata*) Powder, Cordyceps Mushroom (*Ophiocordyceps sinensis*), Goji Berry (*Lycium barbarum*), Lion's Mane Mushroom (*Hericium erinaceus*), Maca (*Lepidium meyenii*) Root, Reishi Mushroom (*Ganoderma lingzhi*), Siberian Ginseng (*Eleutherococcus senticosus*), Kale, Pumpkin, Sweet Potato, Sunflower Seed, Cranberry, Chlorella

## suggested use

- Add 1 scoop Soul to milk, juice, smoothies, etc. Delicious hot or cold! Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.\*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

## product summary

Although inflammation has long been known to play a role in allergic diseases like asthma, arthritis, and Crohn's Disease, Dr. Tanya Edwards, Director of the Center for Integrative Medicine, says that Alzheimer's Disease, cancer, cardiovascular disease, diabetes, high blood pressure, high cholesterol levels, and Parkinson's Disease may all be related to chronic inflammation in the body. Dr. Edwards writes that inflammation is now recognized as "the underlying basis of a significant number of diseases".\*

Maintaining a healthy pH balance and supporting detoxification through the liver is a good first step toward controlling inflammation. Soul is packed with chlorophyll-rich alkalizing green superfoods and ancient Ayurvedic herbs known to support the liver and kidneys. The link between pH balance, the gut, and inflammation explains why the first things many customers notice when taking Soul are an increase in energy and fewer food cravings.\*

## ingredient highlights

- **Curcumin (Turmeric):** Researchers enrolled 117 people with metabolic syndrome in a study to determine curcumin's effects on inflammation. Half of the participants took one gram of curcumin powder daily for eight weeks while the other half received a placebo pill. At the end of the study, the curcumin group had lower levels of three blood markers of inflammation, including C-reactive protein (CRP), along with lower fasting blood sugar and hemoglobin A1c (a measure of longer term blood sugar levels).\*
- **Milk Thistle:** Used by herbalists and physicians for hundreds of years to treat a wide range of liver concerns including hepatitis and fatty liver disease. Shown in studies to protect the liver from toxins, including drugs like acetaminophen, due to its chemical constituents, especially the flavonoid silymarin.\*
- **Artichoke:** Used in traditional medicine for many years to address digestive and liver health issues. Artichoke, with its main active ingredient cynarin, has been shown to improve liver function in those with nonalcoholic fatty liver disease. Other potential health benefits may include improved digestion and lower cholesterol.\*
- **Dandelion:** Containing over 100 known phytochemicals, Dandelion has been shown in studies to benefit overall liver function and health. Dandelion may also help normalize blood sugar levels, lower cholesterol, assist with skin and eye problems, and fight inflammation.\*