

## Traditional Delivery System\*

Herbal Ghee products are a time-honored category of dietary supplements, passed down over generations, which allow both water and fat-soluble constituents from the herbs to infuse within the ghee. This helps with the bioavailability of these active constituents deep into bodily tissues. *Charaka Samhita*, an ancient Ayurvedic text written around 800 BC, describes this concept as "Yogavahi".

## Alcohol-Free

Herbal ghee is a perfect choice for those who want to avoid alcohol or glycerine based dietary supplements.

## Trending

Pure Indian Foods Brahmi Ghee was featured in 2019 SPINS Trend Predictions, saying, "A growing number of consumers have already begun to establish new habits (often called sleep hygiene) and to seek out new products to help them relax, unwind, and get a good night's rest. In 2019, SPINS expects this particular health focus will become more prominent, answered by innovative ingredient combinations and new delivery methods coming to market," once of which is "a dose of cultured, grass-fed, organic, herbal Brahmi Ghee from Pure Indian Foods that contains *Bacopa monnieri* for enhancing both memory and sleep."



"Herbal ghee is a traditional Ayurvedic preparation. We have studied the art of making these ghee products, which take up to 2 days to make a small batch, with internationally renowned Ayurveda teachers, and are pleased to make these available to you."

~ Sandeep Agarwal, Herbalist  
with wife Nalini Agarwal, Ghee-maker



Handmade with Love  
Since 1889

Pure Indian Foods  
P.O. Box 296  
Princeton Junction,  
New Jersey 08550  
United States

1.877.LUV.GHEE  
pureindianfoods.com  
@pureindianfoods



# AYURVEDIC HERBAL GHEE



**Ayurvedic Herbal Ghee**  
**Lipid-Soluble Dietary Supplements**  
**Alcohol and Glycerine Free**



1-877-LUV-GHEE  
pureindianfoods.com

## Ghee: The Best Fat

When ghee is processed with herbs, it does not lose its own qualities while imbuing the attributes of the herbs added to it. Among all oils and fats, only ghee has this unique quality, whereas other oils and fats give up their own qualities. This is known as “Samskar Anuvartan” in *Charaka Samhita*.

### AMRITA GHEE (COMING SOON) IMMUNE TONIC\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Guduchi (*Tinospora cordifolia*), Organic Ginger (*Zingiber officinale*).

### BRAHMI GHEE ENHANCES MEMORY AND PROMOTES A RESTFUL SLEEP\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Brahmi (*Bacopa monnieri*).

### LICORICE GHEE (COMING SOON) BALANCES THROAT, STOMACH AND INTESTINAL TISSUE.\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Licorice (*Glycyrrhiza glabra*) extract.

## Extended Shelf Life

Ghee serves as a preservative for herbs, thereby extending the herb’s shelf life. When macerated in ghee, herbs maintain their nutrients for longer, and the fragile volatile oils from the herbs are kept potent.

### ARJUNA GHEE SUPPORTS A HEALTHY CARDIOVASCULAR SYSTEM\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Arjuna (*Terminalia arjuna*).



## How to Use It

Herbal ghee is typically taken away from meals as a supplement. Simply add a teaspoon to hot water, tea, or broth and sip. You can also add herbal ghees to warm milk, such as turmeric golden milk. It is also wonderful blended into coffee for a boosted butter coffee.

### ASHWAGANDHA GHEE SUPPORTS IMMUNE FUNCTION AND PROMOTES VITALITY\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Ashwagandha (*Withania somnifera*).

### SHATAVARI GHEE SUPPORTS AND NOURISHES FEMALE REPRODUCTIVE SYSTEM\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Shatavari (*Asparagus racemosus*).

### TRIPHALA GHEE SUPPORTS HEALTHY VISION\*

Ingredients: Grassfed Organic Cultured Ghee, Organic Amla Fruit (*Emblica officinalis*), Organic Bibhitaki Fruit (*Terminalia bellirica*), Organic Haritaki Fruit (*Terminalia chebula*).

\* 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.