Shakti Superfood

Ingredients and actions
Shakti Superfood is composed of five potent spinaches.

01. Jeevanti - Holostemma ada-kodien
Properties Holostemma is sweet, refrigerant, ophthalmic, emollient, alterant, tonic, stimulant, aphrodisiac, expectorant and hormone stabilizing.
Dosha It is predominantly composed of earth and water elements. Hence reduces vata and pitta and stabilizes kapha.
Uses Being a powerful rejuvenator and tonic for the nervous system, it is used for the eyes, orchitis, cough, burning sensation, gastritis, respiratory weakness and fever.

02. Vastu - Chenopodium album
Properties Chenopodium is sweet, acrid, digestive, carminative, laxative, anthelmintic, diuretic, aphrodisiac and tonic.
Dosha It balances pitta.
Uses Peptic ulcer, helminthiasis, dyspepsia, flatulence, strangury, pharyngopathy, splenomegaly, haemorrhoids, ophthalmopathy, cardiac disorders and general debility. It is a powerful tonic for seminal weakness in men. Balances pancreas, kidneys, eyes, stomach and colon. It is a strong anti-inflammatory and helps the natural elimination of toxins and wastes.

03. Moolyakshi - Alternanthera sessilis (betzickiana)
Properties The plant is bitter, sweet, astringent, acrid, light, cooling, depurative, digestive, cholagogue, hormone balancing and febrifuge. It removes unwanted fluids from the body.
Dosha It reduces kapha and pitta imbalances with its bitter, astringent qualities. But it doesn’t unbalance Vata as it is sweet in taste.
Uses Burning sensations, diarrhoea, dermatitis, eczema, dyspepsia, haemorrhoids, agalactia, splenomegaly, inflammation and fever. Conditions involving impure blood, spleen imbalances, depletion or ulcers respond well to Moolyakshi.

04. Meghanada - Amaranthus spinosus (Portulaca oleracea)
Properties The plant is sweet, cooling, laxative, alexeteric, diuretic, stomachic, antipyretic, febrifuge, sudorific, galactagogue, haematinic, appetizer and tonic.
Dosha Amaranthus reduces pitta. Promotes the grounding nature of kapha and mobility of vata.
Uses Hyperdipsia, burning sensation, hallucination, leprosy, eczema, bronchitis, leucorrhoea, menorrhagia. Haemorrhoids, abscesses, boils, burns, strangury, nausea, flatulence, colic, anorexia, fevers, intermittent fevers, agalactia, anaemia and general debility.

5. Punarnava - Boerhaavia diffusa
Properties A bitter, astringent, cooling herb that is anthelmintic, diuretic, aphrodisiac, cardiac stimulant, diaphoretic, expectorant, anti-inflammatory, laxative, liver tonic, hormone balancing and tonic.
DOSHA Balances all three doshas, especially kapha and vata.

Uses A hormone balancing rejuvenative. Also excellent in various inflammatory conditions, stagnury, leucorrhoea, ophthalmia, lumbago, myalgia, dermatitis, cardiac disorders, hepatitis, anaemia, dyspepsia, constipation, cough, bronchitis and general debility. Excellent in conditions with edema or retention of chronic or fluid toxins in the system. It helps natural waste elimination.


Frequently Asked Questions

How long will it take for me to notice results? People with an awareness of subtle bodily sensations, including Shandor Remete, have remarked that they felt a positive shift in their state immediately. Others have remarked a noticeable improvement in their breathing, energy, strength, flexibility & focus after three days.

Why don’t Shakti tablets look smooth and shiny? Shakti tablets are made without the usual commercial fillers without which a smooth appearance isn’t possible. Apart from fillers, Shakti is also devoid of colours, preservatives or anything other than the five ingredients. Because Shakti is so concentrated it is advised to take at least one litre of warm water daily whilst taking it.

What is the maximum dose of Shakti? 2 tablets twice daily is enough for your daily requirements. People, who spend more time on practice, can have 3 tablets, twice daily.

Is Shakti allergy-proof? Our clinical trials with Shakti on allergic people, has shown improvement of their symptoms rather than aggravation. Shakti is a concentrated food therefore it is fine to take with other herbs or pharmaceutical medication. However, if you have a strong allergic reaction to leafy green vegetables, we would recommend you consult your ayurvedic doctor or herbalist before use.

Price

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<th>Wholesale rate (12 bottles +)</th>
<th>Retail</th>
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<tr>
<td>AUS$30.00 / bottle</td>
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Domestic Postage & handling

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Overseas Postage & handling

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