



 **Padma Basic**[®]
*Promotes Cardiovascular Health**

With over 35 years of clinical and laboratory research confirming its benefits, *Padma Basic* is an herbal formula based on a traditional Tibetan remedy.*

- Promotes cardiovascular & circulatory health*
- Supports healthy immune function*
- Provides anti-oxidant support*
- Clinically researched formula
- Gluten and allergen free

Cardiovascular, Circulatory & Immune Support

Padma Basic contains 19 botanical ingredients together with natural camphor and calcium sulfate, to promote balanced immune function, combat free radicals, promote balanced inflammation, and support the cardiovascular and circulatory systems. Based on a traditional "cooling" formula, *Padma Basic* is used to combat areas of "heat". The formula's botanical ingredients are rich in active ingredients such as tannins, flavonoids, polyphenols, and essential oils which work to strengthen immunity, enhance antioxidant activity, balance healthy inflammatory cell signaling, increase circulation, and support cardiovascular function.*

History of the Formula

Padma Basic is based on a traditional formula from the Tibetan monasteries of Transbaikalia. In the 1960s, Dr. Karl Lutz, then a Senior Vice President at Switzerland's Schering Pharmaceuticals, learned of the effectiveness of the formula from a Tibetan doctor who introduced the formula to Eastern Europe. His "discovery" began extensive research on the properties and benefits of the formula that has continued for over three decades. *Padma Basic* is still manufactured in Switzerland, and exclusively distributed in North America by EcoNugenics.*

Traditional Tibetan Principles

Ancient Tibetan Principles is a traditional health system that focuses on harmonizing practices. In this system, imbalance is viewed as a disruption of healthy energy flow and balance is fostered by restoring harmony between the individual and the external world, as well as by strengthening and unifying the body's systems. For example, "dryness" in the body would be balanced with "moisturizing" formulas.*

Clinically-Proven Formula

More than 35 years of clinical, peer-reviewed research confirm the unique benefits of *Padma Basic*. Modern scientific studies continue to verify the multiple health supportive benefits of this ancient herbal formula used for centuries to help people maintain vitality, immunity and overall wellness.*

Manufacturing and Quality Control

Padma Basic is produced in Switzerland under strict conditions that exceed good manufacturing practices (GMP) as defined by the FDA.

Contraindications and Cautions

Padma Basic contains camphor which, according to the principles of classical homeopathy, may diminish or interfere with the effects of homeopathic remedies. People susceptible to heart palpitations may experience palpitations or restlessness at higher dosage levels. As with all supplements, discuss them with your health care professional. This product is not recommended for those who are nursing, pregnant or considering pregnancy. There are no known drug interactions with this formula; however, it is advisable to wait one and a half to two hours after taking *Padma Basic* before taking medications.*

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



Available Sizes

60 or 180 capsules per box.

Each Capsule Supplies:

402 mg of the following ingredients: Iceland moss, costus root, neem fruit (*Azadirachta indica*), cardamom fruit, red saunders heart wood (*Pterocarpus santalinus*), chebulic myrobalan fruit (*Terminalia chebula*), allspice fruit, bael tree fruit (*Aegle marmelos*), calcium sulfate^{††}, columbine aerial part (*Aquilegia vulgaris*), English plantain aerial part (*Polygonum aviculare*), golden cinquefoil aerial part (*Potentilla aurea*), clove flower, resurrection lily rhizome (*Kaempferia galangae*), heart-leaf sida herb (*Sida cordifolia*), valerian root, lettuce leaf (*Lactuca sativa*), calendula flower, natural camphor (*Cinnamomum camphora*)

Padma Basic Suggested Use (or as directed by your Health Professional)		
	<i>Loading Dose</i>	<i>Standard Dose</i>
Active Support*	6 capsules daily (3 capsules, 2 times daily)	6 capsules daily (3 capsules, 2 times daily)
Long Term Support*	6 capsules daily (3 capsules, 2 times daily)	2 capsules daily

Additional Guidelines: The preparation is best taken on an empty stomach, 30 minutes before or two hours after meals. If you experience any stomach discomfort after taking the capsules, try taking them with food.

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