PADMA BASIC® is based on a traditional Tibetan remedy with over 25 years of clinical and laboratory research confirming its benefits.

- Supports the immune system*
- Promotes healthy circulation*
- Supports cardiovascular health*
- Provides health-promoting antioxidants*

**History of the Formula**

PADMA BASIC® is based on a traditional cooling formula from the Tibetan monasteries of Trasbaikalia. In the 1960's Dr. Karl Lutz, then a senior vice president at Schering Pharmaceuticals, learned of the effectiveness of the formula from the Tibetan doctor that introduced the formula to Eastern Europe. His “discovery” began extensive research on the properties and benefits of the formula that has continued for the last 30 years.

**Tibetan Medicine**

Ancient Tibetan medicine is a traditional healing system that focuses on harmonizing therapies. In this system, illness is viewed as a disruption of healthy energy flow and healing is fostered by restoring harmony between the individual and the external world as well as by unifying the body’s systems. For example “dryness” in the body would be treated with “moisturizing” formulas.

**Formula Intention**

Tibetan medicine views PADMA BASIC® as a cooling formula and as such is used in “hot conditions”. From a Western perspective “heat” translates generally as “inflammation”. The formula is broadly appropriate for overall “cooling” and has been clinically tested for its effects on a number of inflammatory conditions such as peripheral artery disease¹, angina², stroke³, hepatitis⁴, arthritis⁵, ulcers⁶, AIDS Related Complex⁷, multiple sclerosis⁸, root canals⁹, and recurrent infections¹⁰.*

**Extensive Research**

Modern scientific studies confirm the health supportive benefits of this ancient herbal combination that has been used for centuries to help people stay active longer.* In vitro research has verified anti-inflammatory¹¹, antioxidant¹², antimicrobial¹³ and immune modulating activities¹⁴ for PADMA BASIC®. PADMA BASIC®, along with proper diet and exercise, helps support and maintain an active lifestyle.*

**References**


*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.

PADMA BASIC® is a highly researched herbal supplement. It consists of 19 dried and milled herbs and spices, together with natural camphor and calcium sulfate.

High Quality Herbs
To ensure the purity and quality of each batch, the herbs are tested prior to processing for pesticides, aflatoxins, heavy metals, bacteria and mold.

Manufacturing
PADMA BASIC® is produced under strict, state of the art, pharmaceutical grade manufacturing guidelines. Swiss authorities regularly inspect the PADMA® plant for compliance with International Good Manufacturing Practice (GMP) standards.

Quality Control
Each batch of PADMA BASIC® is analyzed with thin layer chromatography (TLC), gas chromatography (GC), and traditional organoleptic techniques. The technology used to test PADMA BASIC® is known as “chemical fingerprinting”. It is a reliable, reproducible way to guarantee product quality by ensuring the proper levels of chemical constituents such as tannins, flavonoids, saponins, bitter principles, and essential oils.

How Supplied
Tablets: 60 or 180 tablets per box
(20 tablets per blister)

Suggested Use
As a dietary supplement, take 1 to 2 tablets two or three times daily with a full glass of water, or as directed by your health care professional.

Advisory Notes on Usage
The preparation is best taken on an empty stomach, one-half hour before meals. If you experience any discomfort after taking the tablets, try taking them with food.
There are no known drug interactions with the formula. However, it is advisable to wait one and a half to two hours after taking PADMA BASIC® before taking medications.

Contraindications
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 might experience palpitations or restlessness at higher consumption levels amounts, just as might be expected with people who are sensitive to the effects of caffeine.

Other ingredients: Sorbitol, silicon dioxide.

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<tr>
<th>Supplement Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1 tablet</td>
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<tr>
<td>Servings Per Container 60 or 180</td>
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<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV†</th>
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<tbody>
<tr>
<td>Proprietary Blend of Natural Ingredients</td>
<td>402 mg</td>
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<tr>
<td>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, licorice root, knotweed aerial part (Polygonum aviculare), golden cinquefoil aerial part (Potentilla aurae), clove flower, spiked ginger lily rhizome (Kaempferiae galangae), heart-leaf sida herb (Sida cordifolia), valerian root, lettuce leaf (Lactuca sativa), calendula flower natural camphor (Cinnamomum camphora)</td>
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† Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established
†† Not a significant source of calcium