



**miracle drinks®**  
NEO AYURVEDA  
Be Healthy Again

## **What are all the foods as supplements that can be taken instead of the synthetic medications?**

- a) raw vegetable juice and Banana stem juice act as a supplements for - cholesterol tablets (statins) , blood, thinners, and gastric tablets & vitamin tablets
- b) Baked fish along with new ayurveda defined herbs and Coriander soup act as a supplements for - Diuretic tablets, protein powders, calcium, Vitamin D, and sodium tablets.
- c) Leafy vegetables preparations act as a supplements for - Calcium, minerals, micro and macro nutrients and easily digestible proteins.
- d) Vegetables preparations act as a supplements for - Calcium, minerals, micro and macro nutrients and easily digestible proteins.
- e) Flax, diet act as a supplements for - omega-3, and omega 6 fatty acids, liganans & antioxidants.
- f) Fermented, rice, replaces, vitamin B12



Food Supplements -  
Synthetic Medications