

SHANTHI BALANCE™

**Mind &
Body Balance Support**



HOW CAN SHANTHI BALANCE™ HELP BALANCE YOUR BODY AND MIND NATURALLY?

SHANTHI BALANCE™ is an advanced blend designed to promote physical and mental balance. It contains ashwagandha, known in Ayurvedic medicine for its adaptogenic properties that help the body manage stress, along with vitamin B12, guarana, and garcinia cambogia, which support energy, focus, and overall well-being.



STRESS RELIEF

Ashwagandha helps balance the nervous system and reduce mental fatigue.



SUSTAINED ENERGY

Guarana and vitamin B12 support daily vitality and focus.



MENTAL CLARITY & FOCUS

Enhances cognitive performance and emotional well-being.



ACTIVE METABOLISM

Garcinia cambogia supports appetite control and energy metabolism.



Part of ArdyssLife Innovation – Physical & Mental Balance System.

SHANTHI BALANCE™ works at the cellular and metabolic level, helping reduce the impact of oxidative stress while supporting body-mind balance. Its blend of adaptogens, antioxidants, and vitamin B12 helps sustain consistent energy and well-being.

SUPPLEMENT FACTS

Serving Size: 1 Stick Pack

Servings per container: 30

	Amount per serving	%Daily Value*
Cal	0 g	
Calories from Fat	0 g	
Total Carbohydrates	5 g	2%
Dietary Fiber	0 g	
Sugars	0 g	
Erythritol	5 g	
Protein	0	0%
Vitamin B12 (as cynocobalamin)	300µg	5000%
Sodium	50 mg	2%

Shanthi Proprietary Blend 300 mg **

Ashwagandha, White tea extract,
Guarana, Caffeine, Garcinia cambogia,
Green Tea extract (leaf), Grapefruit seed
extract, Red yeast rice, Cayenne pepper extract,

*Percent daily values are based on a 2,000 calorie diet.

** Daily value not established.

Other Ingredients: Erythritol (natural sweetener), Citric acid, Stevia (natural sweetener), Sodium citrate, Natural flavors. Color (FD&C Blue #2).

How to Take: Take 1 to 3 times a day.
Add one stick pack to 6-9 ounces of fresh or
hot water.

MEET THE STAR NUTRIENTS



ASHWAGANDHA

Natural adaptogen that helps the body manage stress and balance energy.

GARCINIA CAMBOGIA

Supports energy metabolism and appetite control.



GUARANA

Natural energy sources that enhance mental focus.

VITAMIN B12

Promotes energy production and neurological function.



GRAPEFRUIT SEED EXTRACT:

Provides antioxidants that protect against oxidative stress.

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*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