



ZVEDA

Botanical Wisdom



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ZVEDA~Botanicals is devoted to creating small-batch, organically grown, thoroughly researched fusions of Ayurvedic herbs, cannabinoid rich-Hemp CBD oil, and signature essential oil blends.

ZVEDA is a synergy of pure, authentic and time-tested wellness extracts, tinctures, bitters, tea, salves and body oils.



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ZVEDA Botanicals blossomed from a passion to heal myself, and then my loved ones struggling with pain, anxiety, grief, cancer and disease. It sprouted as a small Ayurvedic counseling practice where I work to this day helping people deeply heal from their pain and suffering, following the wisdom of over 5,000 years of medical science based on natural remedies.

ZVEDA Botanicals grew from my love of learning through teaching others and creating solutions that make sense, and are personalized to their own body and life-style. What started as mixing personalized herbal formulas in my kitchen, has now grown into a co-creative organic, authentic and effective herbal product line. This is my interpretation and understanding of how to effectively balance herbs, spices, essential oils, CBD-rich full spectrum extract, along with nourishing carrier oils as my offering to clients/customers. ZVEDA offers the highest quality and deepest level of a true healing experience.



~ THE ZVEDA STORY ~

ZVEDA is a combination of two words, Zana, one of several ancient sanskrit words for cannabis, and Ayurveda, sanskrit for the “wisdom or science of life”.

Ayurveda is a holistic, cohesive and practical form of medical science which offers a road-map for the journey towards health and vitality.

CBD, one of many chemical components of the cannabis and hemp plants, has historical relevance as an effective medicinal herb which offers many beneficial qualities both on its own, and in synergy with others in the plant world.

~ INGREDIENTS ~

CBD~RICH HEMP EXTRACT

ZVEDA BOTANICALS blends the expertise and passion of a few select supply companies who individually strive to create authentic, pure, and organic wellness products to the market, and to serve others by following safe and effective manufacturing practices.

Our CBD-rich hemp extract comes from a small family-run farm and business in central Oregon. They are supported by generations of ancestral farming, along with years of research and experience. They grow their plants using only organic and natural practices, which in turn maximizes the medicinal plant content, ensuring an oil that is free of unwanted chemicals and heavy metals. Their plants and oils are triple-tested by a third party testing lab, and their extract is certified safe by the Oregon Department of Agriculture, passing the strictest safety code requirements in the country.

The oil is extracted using high-proof organic cane alcohol, distilled off, leaving a thick, golden oil rich with cannabinoids, mainly CBD, and lower amounts of therapeutic CBC, CBG, and (legal amounts of) THC. Together with various terpenes, chlorophyll, flavonoids, and other plant acids, they synergize and support the body in the healing process.



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~ INGREDIENTS ~

AYURVEDIC OILS & TINCTURES

Our Ayurvedic formulations are created by a small family run company in the Bay area of California. Originally hailing from India, the founder of the company began a small herbal apothecary at the request of one of the country's most admired Ayurvedic doctors and teachers.

Their authentic herbal formulations have been trusted for close to 50 years by the most respected names in Ayurvedic medicine. They promise quality, safety and efficacy of their products, purchasing organic or wild-harvested herbs at the peak harvest season for each particular herb. They test their soils regularly to ensure safety in the ingredients from seed to soil. The hair and massage oils are made with meticulous care and supervision during a 72 hour process following traditional and authentic Ayurvedic methods.



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~INGREDIENTS ~

Essential Oils & Base Oils

Our essential oils are sourced through a certified organic company owned by a Certified Master Aromatherapist and Herbalist. These oils are Certified Organic, Wildcrafted, Pesticide-Free, or Select Farmed, and are distilled at the lowest temperature to maintain the essential therapeutic benefits of the plant. The oils are never mixed with any chemical compounds, GMOs, or artificial colors oils or scents.

Finally, our base oils of organic Extra Virgin Olive*, Sunflower and Sesame oils are purchased through a family farm in eastern Oregon, who ensure no chemical processing, no hexane or heating; the oil is third-party tested for all attributes of purity, ensuring there are no steroidal hydrocarbons, pesticides or additives. Each oil is cold-pressed and unrefined.

*Olive Oil source may soon change to a small family farm in Spain.



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~ Ancient Remedies for Modern Ailments ~

ZVEDA Botanicals is a marriage of ingredients hand-chosen because of the quality, authenticity, and efficacy in every aspect contributing to the final product. Each company represented in our products follows Ecological and Sustainable business and processing practices.

There is no animal testing, and there are no harsh chemicals used in the process of the ingredients. The soil in which the plants are grown is tested for heavy-metal toxicity, including mercury, lead, arsenic and cadmium. These extra steps and costs ensure that the product truly represents the meaning of natural healing *and* protecting the environment.

Our products are blended in White Salmon, Washington, in the heart of the Pacific NW, between two majestic snow capped mountains, at the confluence of three powerful rivers. Surrounded by nature, and combined in a refurbished shed with recycled barnwood and solar panels, these products were conceived and sprouted with the energy and creative offering of life itself.

ZVEDA combines our signature healing blends of aromatic and flavor-rich oils together to create powerful and flavorful elixirs and massage oils, with the intention of sharing our passion for healing in symbiotic harmony with nature.



ZVEDA Botanicals was conceived and birthed by Joanna Matson, certified as both an Ayurvedic Wellness Counselor and Hatha Yoga Instructor. She has spent close to 30 years researching and experimenting with safe and effective methods of healing, including herbs and plants in all of her practice. She has dedicated her life to guiding numerous others around the world with her knowledge and personal experience of mindful, nature based healing.

Joanna found her own profound healing from an often debilitating life with Crohn's disease, and later, hyperthyroidism, resulting in a diagnosis of Graves disease. Having followed allopathic medicine for almost 15 years beginning at the age of 17, including high doses of steroids, antibiotics, antidepressants, pain meds, long-term chemotherapy infusions, and finally small bowel resection surgery, Joanna followed her instinct, dove into the books, returned to school, and learned the art and science of healing without toxic side effects or drug interactions through the understanding and medical science of Ayurveda.

This began the long journey to understand, research, create and envision a product line based on the needs of her family (dogs included), friends, neighbors, and clients; and thus ZVEDA was born...

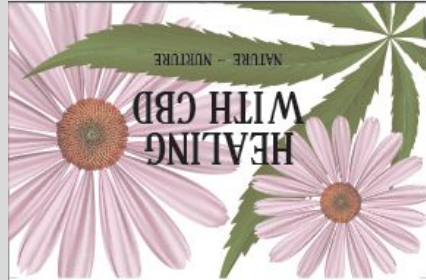


Joanna Matson-Tandberg has dedicated her life to learning and teaching about yoga, Ayurveda and cannabis, after discovering these holistic forms of healing, and the science behind them, as a form of recovery from a debilitating life with Crohn's and hyperthyroid (Graves) disease, and severe degenerative arthritis of her spine. Her experiences with her diseases, and an untold amount of other illnesses, accidents and diseases in her own immediate family deeply impacted her studies and her subsequent practice.

Joanna (Jo) has also had the added life experience of navigating multiple serious health issues with her two children, plus her father, who she helped heal naturally from stage 4 metastatic melanoma using Ayurvedic herbs and cannabis oils. She has practiced Ayurveda in Kentucky, California, Oregon and Washington, and counsels clients internationally through online platforms and retreats.

Joanna is certified as an Ayurveda Wellness Counselor from both the [Kerala Ayurveda Academy](#) and the [American Institute of Vedic Studies](#), and is a certified Cannabis Counselor from [The Medical Cannabis Institute](#); she is an active member of the National Ayurvedic Medical Association ([NAMA](#)), [American Herbalists Guild](#), [GreenMed Research](#), [Yoga Alliance](#), and the [Society of Cannabis Clinicians](#). She is a faculty member for the [Holistic Cannabis Academy](#) and is an approved Pace Provider for NAMA. She carries close to 1000 hours of certified yoga training from both [Sundara School of Yoga](#), [Kerala Ayurveda](#) and [YogaSpirit](#), and teaches weekly classes in White Salmon, Washington, where she also leads retreats, workshops, and classes.

Joanna founded and directs [Canna-Veda Counseling](#), and has her own line of high quality, organic, CBD-rich Ayurvedic CBD tinctures, salves, oils, bitters, and other personal care products, [Zveda Botanicals](#), which were recently chosen as an approved [Project CBD](#) hemp company, a highly regarded designation in the medical cannabis community.



Please visit our website for Canna-Veda recommended products, including Herbal CBD tinctures, oils and salves

WWW.CANNAVEDA.COM
to learn more and to invest in your health
Use the code CANNAVEDA10 for 10% OFF your first order!

Canna-Veda offers individual counseling, group classes, workshops and retreats empowering individuals to take ownership of their healing. Founded by Ayurvedic practitioner, cannabis consultant, and Cancer's disease survivor, Joanne Mahon, Canna-Veda creates community by sharing tips on how to thrive healing by using herbs, essential oils, yoga, meditation, and other Ayurvedic therapies, to create a blueprint for perfect health. The proper inclusion of cannabis, more specifically CBD, in the form of oils, tinctures and salves, adds a deeper level of botanical wisdom for the body to thrive.

Join us for upcoming events, including educational talks, workshops, gatherings, and yoga classes, and learn how and why our bodies can heal with cannabis, and how to safely and effectively incorporate herbal medicine into your daily routine.

Canna-Veda only recommends products produced with premium full-spectrum cannabis oil, which is extracted from organically grown CBD-rich hemp. It is extracted using high-proof organic cane alcohol, which is then distilled off, leaving a thick, rich golden oil. This oil is full of cannabinoids such as CBD, with lower amounts of CBG, CBG, and THC. It also contains terpenes, chlorophyll, flavonoids, and other plant constituents that all work in synergy to support your body to heal. This untampered blend of compounds gives you the true intelligence and potential of the cannabis (hemp) plant!

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HOW DO I CHOOSE THE RIGHT CBD FORMULA? HOW MUCH SHOULD I TAKE?

Canna-Veda recommends that you follow these 5 points:

Purity: Always choose organically grown, ideally utilizing biodynamic farming principles. **Authenticity:** Find a company with a clear mission and true passion for healing, who honors and appreciates plant medicine and its intelligence. **Full Spectrum:** The plant kingdom is complex, as is our body's relationship with plants. Seek out products that respect all of the naturally occurring terpenes and cannabinoids, rather than isolating particular compounds. Nature knows best. **Transparency:** Read the label! Is it third party tested, including oil testing? Does it clearly list all the cannabinoids? Are there fillers or synthetic ingredients? **Dose & How:** Start with low doses (5 mg, 4x daily), observe and find until the effects penetrate your consciousness. Use an individualized approach to your wellness routine to experience balance and true healing.

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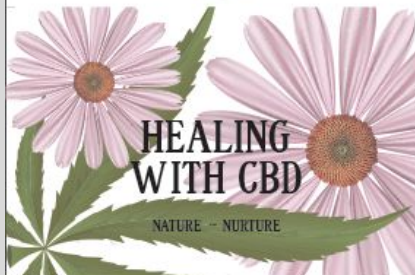
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Canna-Veda Holistic Cannabis Counseling



Cannabidiol-CBD-is a cannabis compound that has significant medical benefits, but does not make people feel "stoned" and can actually counteract the psychotropic effects of THC.

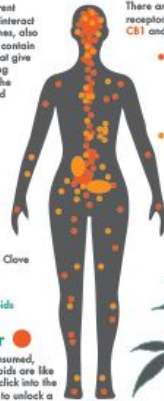
THE ENDOCANNABINOID SYSTEM (ECS)

CBD-rich cannabis is non-intoxicating, unlike THC-dominant strains, making CBD an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.
-Adapted from ProjectCBD

Plants produce different cannabinoids which interact with our ECS. Terpenes, also produced by plants, contain the characteristics that give all plants their healing potential, including the fragrance recognized in essential oils.

There are 2 main cannabinoid receptors found in our bodies: CB1 and CB2 receptors

- CB1 receptors are primarily found in the brain and central nervous system, as well as nerves and some organs
- CB2 receptors are primarily found in peripheral organs and cells associated with our immune system



Common Terpenes in Cannabis:

Alpha-pinene - Pine
Myrcene - Musk
Limonene - Citrus
Linalool - Lavender
Beta-caryophyllene - Clove

Common Cannabinoids in Cannabis:

CBD
CBG
CBN
CBC
THC
THCA
THCV

When consumed, cannabinoids are like keys that click into the receptors to unlock a response in our bodies.

All humans and animals are born with an ECS, including women, men, children and pets. This system controls some of our most vital life functions, including our immune system, memory, appetite, sleep pattern, mood, and pain sensation.



CBD HAS BEEN SHOWN TO RELIEVE:

Chronic Pain
Inflammation
Anxiety
Depression
Seizures
Insomnia
Peri-Menopausal Symptoms



The packaging for ZVEDA products evokes a feeling of handmade remedies and personalized care. The oils and salve are packaged in amber Boston brown PET plastic, and upgrading to all glass next production run.

The tinctures and bitters are packaged in amber Boston brown glass bottles with squeeze droppers.

We package using new recycled cardboard boxes, wrap, fill and tape from Enviropac. We ship legally with the USPS. We have filed the appropriate paperwork with the USPS, and have an excellent relationship with the local post-master and staff.

All efforts will be made to leave the smallest footprint possible, and to share our commitment to creating, promoting, educating and inspiring the world through positive messaging.



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Pairs well with orange peel,
apple, whiskey, brandy and
cognac.

* Organic, gluten free
and vegan.

* This product is not approved
by the FDA to diagnose, treat
or cure any disease.

Distributed by
Zanna Veda, LLC.
706 Orchard Rd.
White Salmon, WA
98672

Please Recycle
Z-VEDA.COM



BOTANICAL
CBD BITTERS

ZVEDA & PORTLAND
Botanical Wisdom BITTERS

ZLIFT
AROMATIC BLEND

600 mg CBD

5mg/ml
4 fl oz



ZVEDA BOTANICALS
+
PORTLAND BITTERS PROJECT
=
CBD-INFUSED BOTANICAL BITTERS

ADD A DELICIOUS DOSE OF CBD TO YOUR FAVORITE DRINK
BLENDS WELL IN TEA, ZERO-ALCOHOL “MOCKTAILS, TRADITIONAL COCKTAILS, SPARKLING WATER



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~ WEBSITE, SOCIAL MEDIA, EMAIL ~

Z-VEDA.com

INSTAGRAM: #ZVEDAHEALS

FACEBOOK: ZVEDA HEALS

ZVEDAWISDOM@GMAIL.COM



At ZVEDA Botanicals we take safe and organic seriously. This is the standard of approval for how I choose my local farmers for my food and how I choose my farmers for growing and extracting cannabis sattiva plants. I raised my children with these values, and teach my students and clients the same importance of these growing methods for the safety and sustainability of our plants and our soil.

We test our products through a Nationally Accredited 3rd party lab, EVIO Labs, in Berkeley, CA. Our testing is for potency; our farmer and extractor has already tested the seeds, plants and oil for potency, solvents, terpenes, cannabinoids, molds, mildews and an extra soil test for heavy metals. According to the lead lab analyst at EVIO, our oil provider is one of the highest quality and most transparent that they work with in this industry.

Attached is a statement from the CEO and Chief Extractor for Zveda CBD-rich Extract:

From Our Farmer

Our farm and the farmers we work with have to meet USDA Organic standards at a minimum. Absolutely no sprays are used, even those allowed for Organic Certification. All pest management is done by creating a sustainable ecosystem of beneficial insects as well as establishing a diverse field of plants. This means that the plants are not grown in a monoculture (one species of plant grown) fashion. Instead, about 8-10 species of plants are grown together in harmony, which creates a natural balance over time.

Additionally, 75% of the fertilizer used comes from composting many of the other species of plants back into the soil and from the natural nitrogen that is fixated by some of these species of plants. The remaining 25% of fertilizer used is all Certified Organic. The result from this method of farming is plants that are vibrant, medicinal, and full of love and care.

J.Keller

CEO, Farmer, Extractor



ZVEDA
Botanicals

BE A
REBEL



HEAL
YOUR
SELF