

# Three Seasons Ayurveda



Welcome to Three Seasons Ayurveda. To place an order, fill out the form below and send it to [jeff@tsayuverda.com](mailto:jeff@tsayuverda.com). I will review your order and contact you if there are any questions. Feel free to reach out to me if you need assistance with your order. Thank you for choosing Three Seasons Ayurveda.

## Herbal Order Form

**Date:** \_\_\_\_\_

### **Practitioner**

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

### **Ship To**

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### **Bill To**

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### **Label Information**

Client Name: \_\_\_\_\_  
Formula Name or Intention: \_\_\_\_\_

Dosage: Quantity of capsules, tsp., tbsp., oz. per day/times, etc.

Other Label Information:

## Herbal Formula Order

**Instructions:** To place an order, indicate the quantity of churna (powder) or tea (cut and sift) in ounces (with a minimum of 4 oz.) or the number of capsules (in increments of 100) on the provided lines. List the corresponding herbal ingredients and their parts in the designated columns.

**Quantity Guide:**

1 g (gram) = 1000 mg (milligrams)      1 oz (ounce) = 28 g (grams)      1 lb (pound) = 16 oz (ounces)

Churna (powder): 1 (tsp) teaspoon = 2.5 g (grams)

Capsules: 1 capsule is 0.5 g (gram) = 500 mg (milligrams)

**Churna/Tea:**      Number of oz. (4 oz. minimum)      **Amount**      \_\_\_\_\_

**Capsules:**      Number of capsules (made in increments of 100)      **Number**      \_\_\_\_\_

Ingredients- list below	Parts- list below

## Herbal and Store Items

Quantity	Size	Product

## Consent & Liability Release Statement

I acknowledge that Jeff Perlman and Three Seasons Ayurveda are not medical physicians, pharmacists, or nurse practitioners and cannot legally diagnose, prescribe, treat, or claim to cure diseases. Ayurveda and Herbalism are not state-licensed practices but are protected under Senate Bill 577, designating them as alternative and complementary healing practices. By signing this document, I understand that I have been advised of all risks, contradictions, and benefits of holistic treatments and release Jeff Perlman and Three Seasons Ayurveda from any responsibility.

Signature \_\_\_\_\_ Date \_\_\_\_\_