Call us toll free at: 1-800-925-1371



RUVED Inc.
a subsidiary of Ayush Herbs Inc.
Redmond, WA
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www.ruved.net

Statements herein have not been evaluated by the U.S. Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease or condition.







Effective support for:

- Immune function
- Energy
- Seasonal Change
- Youthfulness
- Vata, Pita & Kapha balancing

Amla has been used since antiquity for rejuvenation purposes. It is considered a rich source of naturally occurring Vitamin C, bioflavonoids and fiber. Each amla fruit contains up to 700mg of Vitamin C. The bioavailablity of Vitamin C is equivalent to 100mg of synthetic Vitamin C. The most beneficial properties of amla result not only from its abundance of Vitamin C, bioflavonoids, and polyphenols, but also from its concentration of other nutrients. Amla contains substantial amounts of Vitamin E, beta carotene, gallic acid and ellagic acid. In addition, it also lists niacin, calcium, and other trace minerals, carbohydrates, proteins and a minute amount of fat as part of its nutritional profile. It is interesting to note that the natural ellagic and gallic acid in amla protect the Vitamin C from oxidation and increase its potency.

For more information on these herbs and research, please visit our website a www.ruved.net

Suggested Use: Enjoy 1 teaspoo

Enjoy 1 teaspoon in the morning and evening.
For more information on these rand research please visit our v









mmunologic

Support