

BANYAN
BOTANICALS

Triphala POWDER

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1 lb • 454g



Triphala powder

Assists natural internal cleansing*

Gently maintains regularity*

Nourishes and rejuvenates the tissues*

Supports healthy digestion and absorption*

Triphala is recommended and used more than any other Ayurvedic herbal formulation. Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it, this traditional formula supports the proper functions of the digestive, circulatory, respiratory, and genitourinary systems. Translated as "three fruits," it is composed of the dried fruits of amalaki, bibhitaki, and haritaki. Containing five of the six tastes (all but salty), triphala readily removes excess vata, pitta, and kapha from the body, bringing balance and proper functioning to the system. It is commonly taken as a daily supplement to help maintain balance of the doshas.*

Suggested Use: ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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.

Supplement Facts

Serv Size: ½ tsp Servings: 162

Amount Per Serving

Amla fruit (Amalaki), <i>Embolia officinalis</i> ⁺	½ tsp**
Belleric Myrobalan fruit (Bibhitaki), <i>Terminalia bellerica</i> ⁺	½ tsp**
Chebulic Myrobalan fruit (Haritaki), <i>Terminalia chebula</i> ⁺	½ tsp**

⁺Certified Organic

^{**}Daily Value Not Established

Lot No. 750053-189

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Certified Organic by New Mexico
Department of Agriculture



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