



AYURVEDIC HERBS

Haritaki

Detoxification & Rejuvenation
for Vata*



90 Tablets
Dietary Supplement

Certified Organic

SUGGESTED USE: Take 1–2 tablets, once or twice daily, or as directed by your health practitioner.

Supplement Facts

Serving Size: 2 tablets	Amount
Servings Per Container: 45	Per Serving
Chebulic Myrobalan fruit (Haritaki),	1000mg**
<i>Terminalia chebula</i> ^{†‡}	

**Daily Value not established

Other ingredients, from natural sources: organic gum acacia, organic rice flour.

+Certified Organic

†Fair for Life Fair Trade certified: 71.4% of all ingredients

Store in a cool, dry place. Do not use if seal is broken or missing.
Free of gluten, soy, and dairy. 100% vegetarian.

Haritaki is a nourishing fruit that is considered one of the best Ayurvedic herbs for balancing vata. It gently promotes regularity and supports proper function of the colon, lungs, liver, and spleen.*

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. Keep out of the reach of children.

*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.



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