

# Haritaki

## POWDER

(*Terminalia chebula*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1 lb • 454g



## Haritaki powder

Removes excess vata and accumulated natural toxins from the system\*

Assists natural internal cleansing\*

Supports healthy elimination and maintains regularity\*

Nourishes and rejuvenates the tissues\*

As one of the three ingredients in the Ayurvedic super formula triphala, haritaki (*Terminalia chebula*) is considered to be one of the best herbs for balancing vata dosha. Supporting the body's innate cleansing process, it gently removes accumulated natural toxins in the gastrointestinal tract. As a rejuvenative, it strengthens and nourishes the tissues and supports the proper function of the colon, lungs, liver, and spleen. Haritaki is traditionally used as a remedy for all vata-related imbalances and maintains regular elimination.\*

**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.



Sustainably Sourced



**Banyan Botanicals** was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.

Rev. 03



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well-being

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### Supplement Facts

Serv Size: ½ tsp

Servings: 375

Amount Per Serving

**Chebolic Myrobalan fruit** ½ tsp\*\*  
(Haritaki), *Terminalia chebula*†

†Certified Organic

‡Fair for Life Fair Trade certified:

100% of all ingredients

\*\*Daily Value Not Established

Lot No. XXXXXX

Banyan Botanicals  
Albuquerque, NM 87113 USA  
[banyanbotanicals.com](http://banyanbotanicals.com) | 1-800-953-6424  
Certified Organic by: OAI



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