

Trikatu is the prized formula of classical Ayurvedic medicine used for millennia. It ignites the digestive fire, stimulates enzyme activity, enhances absorption and bioavailability.* It supports metabolism, sinuses, lungs, and weight management.* Its pungent qualities help clear congestion and excess mucus.*

Triperine™, an exclusive extract of Ginger, Long pepper, and Black pepper, is harmonized with whole spectrum herbs and is balanced with abundant Phyllamour™, our Phyllanthus niruri extract.*

SUGGESTED USE: 1-2 capsules once or twice daily with or after meals, or as directed by your healthcare practitioner.

CAUTION: Keep out of reach of children. Protect from heat, light, and moisture. Do not use if inner seal is missing or broken. Pregnant and nursing women, individuals taking medications, or persons with a health condition should consult their healthcare professional before using this product. DO NOT USE IF YOU HAVE OR DEVELOP DIARRHEA OR ABDOMINAL DISCOMFORT.



CLINICAL GRADE • GMP CERTIFIED • CERTIFIED LAB TESTED • HALAL • KOSHER



Manufactured for and distributed by
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Fire in the Belly™

Trikatu Supreme

Balanced with Bhumi Amla
Metabolic Harmony*

120 VEGAN CAPSULES • PURE HERBAL SUPPLEMENT

MADE WITH LOVE IN THE USA

Supplement Facts

Serving size: 1 Vegan Capsule
Servings per container: 120

Each Serving Contains	Amount per Serving	% Daily Value
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Triperine™: Proprietary blend of extracts of Ginger (Zingiber officinale) (dried rhizome), Long pepper (Piper longum) (fruit), Black pepper (Piper nigrum) (fruit) and whole spectrum herbs	600 mg	†
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Phyllamour™: Bhumi amla extract (Phyllanthus niruri) (Whole plant) (Standardized to 2.5% bitters)	100 mg	†
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† Daily Value Not Established

Other Ingredients: Vegan Capsule.
NOTHING ELSE, PURE GOODNESS!

*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.

Fire in the Belly™, Triperine™, and Phyllamour™ are trademarks of Harmony Nutraceuticals, LLC™