



Assisting the Indian Tribal Community



Dietary Supplement



100% Natural



No Preservatives

VEDIC™ HERBS

Your Health Matters

Purity Guarantee Process
Sorted | Washed | Dried

Black Harad/ Choti Harad Fruits

Terminalia Chebula / Small Haritaki

Net Weight : 200 g / 7.05 Oz



No Artificial color, Flavor



Gluten Free



100% Original



NON GMO

Supplement Facts

Serving Size: 3g	
Serving per Container: 66.66	
Amount Per Serving	%DV*
Black Harad (Terminalia Chebula) Fruit	3g *
The % Daily Value determines the nutrient value based on 2000 Calories.	
* Daily Values not established.	

Direction for use: As a Powder consume 3 grams mixed with honey/warm water. Twice daily after meal.



Vegan



Authentic Premium Quality



100% Veg



scan with mobile camera

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Add healthy herbs to your daily routine, along with walking, meditation & yoga. Stay fit, Stay healthy.

Let's try some Yoga



Surya Namaskar



Meditation



Mula Bandha



Navasana

Black Harad Fruits

Ingredients: Black Harad Fruits – 100%.

Haritaki, also known as "Harad" is a medicinal plant recognized in Ayurveda. This is considered tridoshic, balancing all three doshas. Potential Benefits –

- * May support heart health.
- * Believed to promote digestion.
- * Can support detoxification processes.
- * May be used to address respiratory conditions.
- * Contains antioxidants that may help neutralize free radicals.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Black Harad can be used in various forms, including as a powder, tablet, capsule, extract, or even as a part of traditional Ayurvedic preparations as below –

Powder: Mix a small amount with honey or water before bedtime for digestive support.

Decoction: Boil Harad to make a concentrated liquid for therapeutic effects.

Tea: Steep Harad powder in hot water for a milder option.

Trikatu Formulation: Combine with Black Pepper and Ginger for digestion.

Food Allergens: Does not contain- Fish, Meat or milk.

Color variation may occur batch to batch due to natural ingredient & climatic variations, but the nutritional values remain constant.

We source the finest quality from Indian farms & Forests.

Individual responses to Harad's potential benefits may vary. Prior to using Harad or any supplement, it is advisable to consult with a healthcare provider, particularly if you have underlying health conditions or are taking medications.

"The oxygen absorber and silica gel in this packaging preserve product quality by absorbing excess oxygen and moisture. They are not meant for consumption and should be removed before consuming the contents."

Store in a cool & Dry place. Keep away from Humidity & direct sun light. Keep out of reach of children.

Manufactured for:

Sumitra Remedies LLC
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For Comments/Feedback:
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www.vedicjuices.com

Also try our Superior - Quality
Herbal Juices, Powders and Tablets

fssai 12223999000032
Net Weight : 200 g / 7.05 Oz

Batch No.
Best Before
(mm/dd/yy)



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