



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.

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

Supplement Facts

Serving Size: 1 tab

let Servings Per Container: 90

Amount Per Tablet

Haritaki fruit (Terminalia chebula)⁺

500mg**

Other ingredients, from natural sources: stearic acid (from vegetable oil), maltodextrin, modified cellulose, silicon dioxide, magnesium stearate (from vegetable oil).

*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. Store in a cool, dry place. Keep out of reach of children. Do not use if seal is broken or missing.

⁺Certified Organically Grown

**Daily Value not established



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