



PREMIUM
SUPERFOODS
CONSCIOUS
SOURCING

Add to Water
Coconut Water & Juice
Smoothies & Tonics
Yogurt & Berries
Desserts & More

AMLA BERRY POWDER

A TRADITIONAL AYURVEDIC TONIC FOR DAILY, GENTLE CLEANSING*
AN EXCELLENT SOURCE OF VITAMIN C AND A SOURCE OF FIBER
SUSTAINABLY GROWN AND HARVESTED



DIETARY SUPPLEMENT
NET WT. 7 oz (200 g)



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Resealable

SUPERHERBS

Organic
traditions®

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Supplement Facts

Serving Size 5 g (1 teaspoon)
Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	15	^
Carbohydrate	4g	1% [†]
Fiber	3g	12% [†]
Sugar	1g	^
Vitamin A	100IU	2%
Vitamin C	42mg	70%

[†] Percent Daily Values are based on a 2000 calorie diet
^ Daily Value (DV) not established



Ingredients:

Organic Amla Berry (Emblica officinalis) Powder

Produced in a facility that processes tree nuts.
May contain tree nuts.

* 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.

AMLA BERRY POWDER

Amla Berry, commonly known as "Indian Gooseberry," is a small, greenish fruit. It is an excellent source of whole food Vitamin C and a source of Fiber. Cultivated in India for thousands of years, the fruit has been used in Traditional Ayurvedic Medicine as an everyday rejuvenating tonic as well as for daily, gentle cleansing.* Amla Berry Powder has a naturally tart, citrus like taste. While it can be used as an everyday tonic it is particularly beneficial during cold and flu season and in times of stress due to its high content of Vitamin C.*

Take one teaspoon of Amla as a tonic once daily. Add to water, coconut water, juice, herbal tea and smoothies or yogurt, raw desserts, on top of berries or any other recipe. Create a delicious Amla smoothie by blending 1-2 teaspoons of Amla Berry Powder with Organic Traditions Sprouted Chia Powder, Organic Traditions Shredded Coconut, Organic Traditions Goji Berries, Organic Traditions Golden Berries, Organic Traditions Baobab Powder, Organic Traditions Vanilla Powder, Organic Traditions Yacon Nectar as a natural sweetener and any other Organic Traditions or Natural Traditions Superfoods with sufficient water (3-6 cups) to achieve the desired consistency. For a more concentrated form of Amla use Organic Traditions Amla Berry Smoothie Booster™ powder which is a dual extract of supercritical CO2 and hydroethanolic extract in an easy to use, semi-soluble powder.

—*Emblica officinalis*—

Organic Nutrition From Around The World

At Organic Traditions we provide nutrient dense superfoods from many healing traditions. We are committed to supporting farmers who are dedicated to the principles of sustainable and fair trade agriculture. Now more than ever we need to nourish ourselves with superfoods, herbs, seeds and fruits packed with the nutrition needed to support the challenges that come with living in a fast paced world. Be adventurous. These superfoods are versatile. Incorporate them into recipes in any creative way you see fit. At every meal you have the opportunity to choose dense nutrition. Food is power. Make choices for a better you and a better planet.



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