

Add to Water rganic traditions











A TRADITIONAL AYURVEDIC TONIC FOR DAILY, GENTLE CLEANSING\*

## Supplement Facts Serving Size 5 g (1 teaspoon)

	Amount Per Serving	% Daily Value
Calories	15	^
Carbohydrate	4g	1961
Fiber	3g	12%
Sugar	1g	٨
Vitamin A	100IU	2%
Vitamin C	42mg	70%





Organic Amla Berry (Emblica officinalis) Powder Produced in a facility that processes tree nuts.

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## AMIA RERRY 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 Avurvedic 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 vogurt, 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 Goii 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 powerful, Make choices for a better you and a better planet.





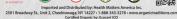












## AMLA BERRY POWDER

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

