

# Organic traditions®

## TRIPHALA POWDER

A TRADITIONAL AYURVEDIC TONIC FOR DAILY, GENTLE CLEANSING\*

A BLEND OF THREE FRUITS: AMLA BERRY, BIBHITAKI AND HARITAKI

SUSTAINABLY GROWN AND HARVESTED

PREMIUM  
SUPERFOODS  
CONSCIOUS  
SOURCING

Add to Water  
Coconut Water & Juice  
Smoothies & Tonics  
Yogurt & Berries  
Superfood  
Recipes & More

Resealable

SUPERHERBS

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### Supplement Facts

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

|                                                           | Amount Per Serving | % Daily Value |
|-----------------------------------------------------------|--------------------|---------------|
| Organic Amla Berry ( <i>Embolica officinalis</i> ) Powder | 1.67g              | ^             |
| Organic Haritaki ( <i>Terminalia chebula</i> ) Powder     | 1.67g              | ^             |
| Organic Bibhitaki ( <i>Terminalia bellirica</i> ) Powder  | 1.67g              | ^             |

\* Daily Value (DV) not established

### TRIPHALA POWDER

Triphala is one of the most important herbal preparations in Traditional Ayurvedic. In Sanskrit, Triphala means "three fruits" and true to its name, it is a blend of three fruits: Amalaki or Amla Berry, Bibhitaki and Haritaki. Believed to restore balance to all three doshas: Vata, Pitta and Kapha, it is one of the most used tonics in Ayurveda for whole body balancing and cleansing.\* Triphala can be used for daily, gentle detoxification, optimal digestive health and support for regularity.\*

Add 1 teaspoon of Triphala powder to water, coconut water, juice, smoothies, desserts, artisanal chocolate bars, on top of yogurt or in any other recipe. Create a delicious smoothie by blending 1-2 teaspoons of Triphala with Organic Traditions Chia Powder, Organic Traditions Shredded Coconut, Organic Traditions Maca X-6, Organic Traditions Goji Berries, Natural Traditions Rice Bran and Germ, Organic Traditions Golden Berries, Organic Traditions Baobab Powder, Organic Traditions Chlorella & Spirulina, Organic Traditions Wheat Grass Juice Powder, Organic Traditions Vanilla Powder and any other Organic Traditions superfoods with sufficient water (3-6 cups) to achieve desired consistency. For a more concentrated form of Triphala use Organic Traditions Triphala Smoothie Booster™ powder, which is a dual extract of supercritical CO2 and hydroethanolic extract in an easy to use, semi-soluble powder.

— *Embolica officinalis*, *Terminalia chebula*, *Terminalia bellirica* —

### 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.



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.



See [organictraditions.com](http://organictraditions.com) for more great superfoods



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DIETARY SUPPLEMENT  
NET WT. 7 oz (200 g)