

PLANETARY[®]
HERBALS

TRIPHALA
POWDER

TRADITIONAL AYURVEDIC PURIFIER*

NET WT. 16 OZ. (454 GRAMS)

HERBAL SUPPLEMENT
Formulated by
Michael Tierra L.Ac, O.M.D.

Michael Tierra

Supplement Facts

Serving Size 1 Teaspoon (2.8 g)

Servings Per Container 162

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Proprietary Blend:	2.8 g	†
Harada Fruit (<i>Terminalia chebula</i>), Amla Fruit (<i>Emblica officinalis</i>), and Behada Fruit (<i>Terminalia belerica</i>).		

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Suggested Use: Stir 1 level teaspoon of powdered Triphala into a cup (8 ounce) of hot water. Wait until powder settles and then drink the liquid. The same powder can be used a second time. Drink two times daily, and then discard the sediment. For best results, use between meals.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product. Excessive use of teas can cause discoloring of teeth due to tannins. Rinse mouth with fresh water after drinking teas.

Planetary Herbals **TRIPHALA** is a potent, yet gentle formula, designed to support the body's natural cleansing process. Michael Tierra learned about Triphala while studying Ayurveda in India and subsequently introduced it to the United States. It has been one of the most important formulas of Ayurvedic herbalism for thousands of years. Used as a household staple throughout India, Triphala is a balanced blend of three Indian herbal fruits: harada, amla, and behada. This formula is unique in that the astringent qualities of the fruits serve to tonify the colon, thereby promoting internal cleansing naturally.*

STORE IN A COOL, DRY PLACE.

Packed by weight, not by volume. Some settling may occur.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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.**

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Manufactured for:
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