

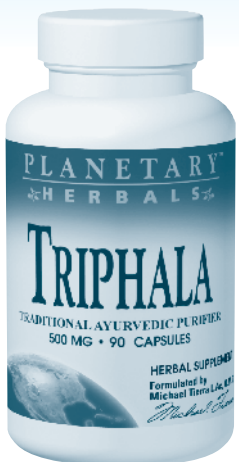
Triphala

Sustainably Wildcrafted Triphala

&

Triphala Gold™

From Organic Fruits



Supreme Ayurvedic Cleansers

Triphala is one of the oldest and, beyond doubt, the most highly revered compound in the 5,000-year Ayurvedic tradition. This cleansing formula combines three sour and astringent fruits that are legendary for their health-promoting effects: amla, behada, and harada. In Ayurveda, Triphala is considered to be the most balanced of all herbal compounds. It is the cornerstone of traditional herbalism in India.

Planetary Herbals, the company that introduced Triphala to the American health food market, brings you an array of premier Triphala products.

Planetary Herbals TRIPHALA GOLD™ is made with fruits wild harvested from trees grown on certified organic land in the foothills of Sri Lanka or Northeastern Madhya Pradesh. The company that grows Planetary Herbals TRIPHALA has been a recipient of the industry's prestigious Most Socially Responsible Business Award for its policies of ecological sustainability, community responsibility, and biodiversity.

Planetary Herbals original TRIPHALA products are sustainably wildcrafted or cultivated to protect the environment and ensure long-term availability of the precious Triphala fruits.

PLANETARY®
HERBALS

*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.

Legendary Cleanser and Tonic

Triphala, an Ayurvedic staple, is designed to support digestion, assimilation, and elimination. In the United States, it is used as the cornerstone of a botanical cleansing program, and to support healthy bowels. Triphala was almost unknown to Americans until Planetary Herbals introduced it to the United States.

Unlike common herbal laxatives used to deal with occasional irregularity, Triphala works by tonifying and strengthening the colon. Many herbal cleansers irritate the bowels to stimulate peristalsis (muscular contractions) leading to evacuation. This may lead to laxative dependency. Triphala instead primarily tones the eliminative tract and gently stimulates for long-term eliminative efficiency.

Balanced Ayurvedic Formula

Triphala exemplifies the underlying principle of Ayurveda, which is to maintain or restore body system balance. Key to this goal is supporting digestion and elimination, while providing nourishing tonifiers.

Triphala's three-fruit combination balances each of the body systems identified in Ayurveda. **Amla** (*Embllica officinalis*) is sour and astringent. It is a rich source of the antioxidant vitamin C, and is the primary nourishing component of Triphala. **Behada** (*Terminalia bellerica*), classified as sour, astringent, and warming, is considered the most cleansing of the fruits. It is rich in linoleic acid and phenolic compounds. **Harada** (*Terminalia chebula*), the most commonly used of all Ayurvedic herbs, is strongly astringent, and used to support healthy intestinal mucosa.

TRIPHALA GOLD™: From Organic Fruits

Planetary Herbals' premier Triphala product is TRIPHALA GOLD, made from fruits wild harvested on organically certified land in the pristine forests of Sri Lanka or Northeastern Madhya Pradesh. The fruits are picked at the height of the season, placed directly

in drop cloths to prevent bruising or soiling, and immediately transported to processing facilities, where they are sorted, washed, deseeded, and carefully dried to prevent molding. They are stored as whole fruits in a cool warehouse under strict quality control conditions. This special care insures superior quality and purity. TRIPHALA GOLD is available in tablets and vegetarian capsules.

The company in India that grows our TRIPHALA GOLD fruits is a winner of the most prestigious industry award for sustainable, organic farming. Direct sourcing allows pickers to be paid more than market price. This encourages a symbiotic relationship between the local people and their environment for long-term ecological sustainability.

Triphala: Sustainably Wildcrafted

Planetary Herbals original TRIPHALA is prepared from wildcrafted or cultivated fruits. The sustainable methods of our growers allow for the preservation of local forests, and encourage community members to stay in their ancestral homelands. These growing methods encourage biodiversity and promote sustainability. Generations of wildcrafters are learning valuable skills to earn a good living.

PLANETARY HERBALS TRIPHALA is offered in a variety of potencies and forms, including powder, tablets, and capsules. It is also included in TRICLEANSE™, a blend of bulking fiber and botanicals; in TRIPHALA-GARCINIA PROGRAM™, a herbal-nutrient formula designed to assist in a healthy lifestyle program for weight control; and in TRIPHALA LAXATIVE for occasional constipation.

Planetary Herbals: the PHYTO DYNAMIC™ Difference

PLANETARY HERBALS TRIPHALA products are part of a product line created and developed utilizing PHYTO DYNAMIC principles. PHYTO DYNAMICS can be summarized as a profound understanding of the interaction between plants and people, a commitment to preserving the holistic integrity of herbs for optimal efficacy, a strong grounding in scientific research, a world-class quality control team, and a level of clinical expertise unmatched in the industry



Developed exclusively for Planetary Herbals by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, Natural Products Association.

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