

# Triphala Gold™

Made From Organic Fruits

## and Triphala

### *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 herbal therapies in India.

Planetary Herbals, the company that introduced Triphala to the American health food market, now brings you TRIPHALA GOLD™, a premier product 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's Triphala received the industry's prestigious Most Socially Responsible Business Award for 2005 for its policies of ecological sustainability, community responsibility, and biodiversity. Planetary Herbals offers a wide range of Triphala products, including original TRIPHALA, TRI-CLEANSE™, and TRIPHALA-GARCINIA COMPOUND™.

**PLANETARY™**  
**HERBALS**

## A Variety of Triphala Products

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.

**TRIPHALA GOLD™:** In addition to using Certified Organic fruits, the fruits are picked at the height of the season, placed directly in drop cloths to prevent bruising or soiling, and are 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, vegetarian capsules and powder.

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.

The establishment of the farming community in which our three fruits are grown allows for the preservation of local forests, and encourages community members to stay in their ancestral homelands. The sustainable methods of the growers providing our Triphala fruits encourage biodiversity and promote sustainability. Generations of wildcrafters are learning valuable skills to earn a good living.

**TRIPHALA:** Planetary Herbals' original Triphala products, available in tablets, capsules or powder, are prepared from standard wildcrafted or cultivated fruits. Triphala is also included in TRI-CLEANSE™, a blend of bulking fiber and botanicals, and in TRIPHALA-GARCINIA PROGRAM™, a herbal-nutrient formula designed to assist in a healthy lifestyle program for weight control.

## 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** (*Emblica 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 mucosa.

## Uniting Tradition and Modern Science

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical practice and pharmacological research. The result: an herbal product line that is unequalled for efficacy, safety, and dependability. For more information, pricing or purchase locations, please visit <http://www.planetaryformulas.com>.

*Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association*



\*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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

