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## Planetary Herbals Introduces Triphala Laxative

### Natural Solution for Occasional Constipation

Scotts Valley, CA - The solution to the modern problem of occasional constipation is quite ancient: an herbal formula long used in India called Triphala. Triphala is a combination of three fruits ('tri' meaning three, 'phala' meaning fruits.) This three-fruit formula has been used for millennia to tone, strengthen and clear the digestive system while minimizing the risk of dependency. Planetary Herbals **Triphala Laxative** combines Triphala with well-known Western herbs for a gentle yet effective laxative for occasional constipation.

Planetary Herbals herbalist Roy Upton says, "Triphala is by far the most widely used herbal compound in the world. Employed by millions of people in India on a regular basis, few other herbal compounds have this level of use spanning a history of more than 5000 years."

The three-fruit combination of amla, behada, and harada which makes up Triphala is described throughout Ayurvedic literature as being both cleansing and tonifying at the same time. **Triphala Laxative** blends the traditional Ayurvedic formula with key herbal laxatives (buckthorn, cascara sagrada, and rhubarb) and digestive aids (ginger and artichoke) offering gentle but effective bowel elimination for the treatment of occasional constipation.

The ingredients in **Triphala Laxative** enhance digestive and assimilative processes, promote normalcy of bowel elimination, and are rich in plant acids, including vitamin C and flavonoids. The addition of demulcents (licorice and marshmallow root) support the gastrointestinal tract and the mucosa of the bowel. Cyperus root, a highly regarded botanical from China, provides additional support.

Upton adds, "Above and beyond the traditional use of the ingredients in this formula, **Triphala Laxative** is backed by the direct clinical experience of Planetary Herbals formulator Michael Tierra, making it a tried and true preparation for the treatment of occasional constipation."

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

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Photos available for this release:

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