

Triphala & Triphala Gold®

# GI Tract Wellness



Promotes internal cleansing through decreased intestinal transit time\*

Preliminary research shows Triphala supports healthy intestinal mucosa, including the brush borders of intestinal villi (required for nutrient absorption)\*

Primes system for everyday and long-term healthy digestion and elimination\*

**T**riphala is a potent-yet-gentle formula made from three fruits (amla, behada, and harada). Combined, these fruits form a powerful GI (gastrointestinal) tract wellness solution with multiple health benefits.\*

Triphala gets to the core of GI wellness like no other formula. Supported by emerging science and more than 1,000 years of traditional use, Triphala primes the GI tract for better digestion, easier waste elimination, and an improved sense of well-being.\*



amla



behada



harada

\*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.

## Triphala for GI Tract Wellness

Triphala exemplifies a key principle of traditional herbal health care: to maintain or restore balance in body systems. Triphala does this by providing benefits that help create foundational GI tract health, supporting both digestion and elimination processes.\*

Preliminary evidence suggests Triphala promotes secretion of gastric mucus and nourishes the digestive system with antioxidants. Traditionally, it is widely revered as an intestinal cleanser as it gently stimulates the intestinal tract to provide long-term elimination efficiency without irritating the bowels.\*

## Legendary Cleanser and Detoxifier

Triphala is widely known for its ability to cleanse the intestines as part of the body's normal detoxification process, a key contributor to a balanced system. Many herbal cleansers stimulate peristalsis (muscular contractions) to achieve better elimination by irritating the bowels intentionally. However, this approach can lead to laxative dependency. In contrast, Triphala tones and gently stimulates the intestinal tract for long-term eliminative efficiency.\*

With more than 1,000 years of traditional use in Ayurveda for GI tract wellness and as a cornerstone formu-

la for overall health, Triphala is one of the most revered and longest-used herbal formulas on the planet.\*

## Organic

All Planetary® Herbals Triphala products are made from certified organic fruits.

## Meet Our Formulator

Michael Tierra, Chief Formulator of Planetary Herbals, is one of the world's foremost authorities and clinicians in herbal healthcare. Michael brought Triphala to the U.S. natural market more than 40 years ago. Triphala remains our expertise and we remain the #1 Triphala brand.\*

## Our Planetary Story

Planetary Herbals products are formulated by expert herbalists dedicated to the principles and wisdom of the planet's major herbal traditions, while fully embracing the latest knowledge emerging from scientific research. Our attention to herb selection, quality assurance, and formulas derived from more than 40 years of clinical experience by world-renowned herbalist Michael Tierra, helps ensure that our customers experience true and lasting health benefits.\*

For more information and purchase locations, please visit [PlanetaryHerbals.com](http://PlanetaryHerbals.com)

## Educational Reference

Rajani, M., et al. 1997. *International Journal of Pharmacognosy* 35(5): 313-317.

PLANETARY  
HERBALS

More Than Herbs, Herbalism.

[PlanetaryHerbals.com](http://PlanetaryHerbals.com)

© 2019 Planetary Herbals LLC LC2017 REV1901A

\*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.