

Triphala & Triphala Gold™

GI Tract Wellness

- Strengthens and revitalizes GI tract tissues to support the entire system
- Cleanses the intestines and provides targeted antioxidant support
- Primes system for everyday and long-term healthy digestion and elimination

Triphala is a potent yet gentle formula made from three fruits (amla, behada, and harada). When combined, these fruits work together as 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 traditional use, Triphala primes the GI tract to digest better, more easily eliminate waste, and help you feel better.*



CERTIFIED
ORGANIC



PLANETARY®
HERBALS

WE SUPPORT THE
DUNAGIRI
FOUNDATION

*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 medicine, which is 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.*

Triphala strengthens the mucosal tissue throughout your entire GI system, nourishes the digestive system with antioxidants, and is widely revered as an intestinal cleanser. Triphala also 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; this is an important contribution to systemic balance. Many herbal cleansers intentionally irritate the bowels to stimulate peristalsis (muscular contractions) to achieve better elimination, 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 formula for overall health, Triphala is one of the most revered and longest-used herbal formulas on the planet.*

Organic and Verified Non-GMO

All Planetary® Herbals Triphala products are made from the finest certified organic fruits, wild-harvested in the pristine forests of northeastern Madhya Pradesh in India. The fruits are only picked at the height of the season, and directly dropped onto cloths to prevent bruising and contact with the soil. The fruits are immediately sorted, washed, deseeded, carefully dried to prevent molding, and stored as whole

fruits in a cool warehouse under strict quality control conditions. This special care ensures superior quality and purity. Our award-winning supplier supports the long-term sustainability of a symbiotic relationship between the local people and their environment.*

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 over 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 principals 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 assurances, and formulas derived from over 40 years of clinical experience by world renowned herbalist Michael Tierra, help ensure that our customers experience true and lasting health benefits.*

A portion of Planetary Herbals Triphala Gold® sales helps support the Dunagiri Foundation, dedicated to protecting and sustaining Himalayan medicinal plants at risk of extinction.

For more information and purchase locations, please visit PlanetaryHerbals.com.

Educational References

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

