

Amla Superfruit™



Rejuvenating Antioxidant

- Provides clinically demonstrated antioxidant support
- Supports healthy blood glucose and lipid levels already within a normal range
- Promotes healthy digestive tissue and function

Amla (*Phyllanthus emblica*) is one of the most highly regarded rejuvenating superfruits of Ayurveda. Used for more than 3,000 years and supported by modern clinical research, amla provides powerful antioxidant activity, supports healthy blood glucose levels already within a normal range, and supports healthy digestive tissue and function, which is considered core to overall health and vitality. Planetary® Herbals Amla Superfruit™ is organic, wild-crafted, non-GMO, and suitable for vegans.*



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Expert Formulations – *Exceptional Results*

*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.

Amla fruit is also known as Indian gooseberry and grows on small to medium size deciduous trees, primarily harvested in Northern and South Western India. One of the most valuable known superfruits for immune-enhancing and nutritional benefits, amla is the key ingredient in two of the most prominent traditional Ayurvedic herbal formulas: Triphala and Chyawanprash. The entire plant has been used in traditional Ayurvedic herbalism; however, it is the fruit that offers the most health benefits.*

The importance of this plant can be known through its many names: Amla means “pure or clean,” and with the suffix “ki” (*amalaki*), the definition is changed to “that which makes one pure and clean.” Another name given to amla was *dhatri*, which denotes “nurse” or “mother.” This reinforces the Ayurvedic belief that amla is the ultimate nourishing rejuvenator.*

Amla’s enduring role in herbalism attests to its extraordinary health benefits. Through extensive study of the world’s herbal health traditions, and after extensive use in clinical practice, the very real human health benefits of amla have come to be known.*

Modern Research and Clinical Studies

The traditional therapeutic benefits of amla have been clinically demonstrated. For example, one study indicated that

amla offers antioxidant support for life-long well-being in healthy individuals, and plays a prominent role in supporting healthy digestive function and strengthening digestive tissue. Two recent studies showed significant support for maintaining healthy blood glucose and lipid levels already within a normal range. The suggested dosage of Planetary Herbals Amla Superfruit reflects the amount used in successful clinical studies.*

For more than 30 years, Planetary Herbals has been integrating the principles and wisdom of the planet’s major herbal traditions with modern clinical use and pharmacological research. Planetary Herbals products are formulated by renowned experts in global herbalism and used in clinical practice.

Educational References

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