

Amalaki – Phyllanthus emblica – The Sustainer

Parts used - Organic Fruit

Origin: India | Made in Colorado

Planetary Influence - Jupiter

Day of the Week - Thursday

Amalaki is the fruit of a small tree and is also known as Indian gooseberry. It grows in Malaysia, Sri Lanka, Pakistan, the Mascarene Islands, and India. Known as “the sustainer” it strengthens the immune system and cools the body. Amalaki (Indian gooseberry) along with Bibhitaki and Haritaki make up Triphala “the three fruits.”



Properties: Sour, bitter, sweet, pungent, and astringent.

Uses

- Strong antioxidant high in Vitamin C
- Antiseptic and antiparasitic
- Common cold & sore throat
- High cholesterol
- Depression
- Diabetes
- Hemorrhoids
- Hypoglycemia
- Inflammation of the GI tract – gastroesophageal reflux disease
- Urinary tract infections
- Nourishing for skin and hair
- Supports the brain, heart, liver and lungs
- May reduce the effects of aging – helps maintain telomeres length

Side Effects

Although there are no major side effects Amalaki is high in fiber and could cause gastrointestinal issues including bloat, stomach, or diarrhea.

Amalaki is not recommended for people with diabetes who are already on medication.

Do not take if pregnant or breastfeeding

If you have a medical emergency, please contact your healthcare professional.

Please confer with your health care professional before taking.

Not all the uses listed above have been subject to modern clinical studies.