

Triphala – *Emblika officinalis*, *Terminalia chebula*, *Terminalia*, *Terminalia belrica*
Parts Used - Organic Amalaki fruit, Organic Haritaki fruit, Organic Bibhitaki fruit.
Made in USA
Planetary Influence – Mercury | Day of the Week - Wednesday

Triphala is an Ayurvedic formulation known as the **three fruits** Amalaki, Haritaki and Bibhitaki. This is an ancient formula with references that date as far back as 1500 BC. It is known for “taking away disease”. Amalaki is known the “Sustainer” is the Indian gooseberry. Haritaki is Indian Walnut fruit and is known as the “King of Herbs”. Bibhitaki is from the Beach almond tree and is known to be “Fearless of Disease”.



Properties: Astringent, sweet, sour, and bitter

Traditional Ayurvedic Uses

- Haritaki – long life, metabolizes toxins
- Bibitaki – allergies, asthma, inflammation
- Amalaki – high in Vitamin C, rejuvenation and nourishment
- Longevity
- Enhances immune system
- Improves mental function
- Thought to have Anti-Cancer properties
- Anti-inflammatory

Dosage: Start once a day with 2-3 drops on the back of the left hand, dissolved in water, or under the tongue.

Warnings & Possible Side Effects

Triphala may cause gastrointestinal issues including bloating, stomach discomfort, or diarrhea. Lower your dose or stop taking.

Not recommended for people taking blood thinners. As always, check with a medical professional before taking Triphala if you are on medication or have a medical condition.

Do not take if pregnant or breastfeeding

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified health care professional before taking any actions.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.