

# AMLA

## What is AMLA?

Amla, also known as Amalaki, is a fruit containing the highest natural known source of vitamin C. It contains 3000 mg per fruit, having 20 times the vitamin C content of an orange. Amla contains a number of biologically active phytonutrients including bioflavonoids, carotenoids, polyphenols and flavones, all of which have extraordinary longevity and rejuvenating properties. It does not cause side effects like isolated ascorbic acid. Amla's powerful rejuvenating properties help to cleanse and revitalize the entire system. It rebuilds and maintains new tissues and increases red blood cell count.\*

## What are the benefits?

Amla is used to support positive nitrogen balance which aids in muscle development and recovery; it supports against environmental and stress-related free radicals that can cause premature aging and cellular damage; it prevents premature graying of hair; it is used to treat fire imbalances that include ulcers, inflammation of the stomach, colon and intestines, constipation, hemorrhoids, hepatitis, eruptions, infections and burning feelings throughout the body. In various studies, Amla has been shown to have mild anti-bacterial, pronounced expectorant, anti-viral and cardiogenic activity. Amla cleanses the mouth, strengthens the teeth, nourishes the bones and causes hair and nails to grow; it improves the eyesight, stops bleeding of gums, improves appetite, cleanses the intestines and regulates blood sugar. \*

## Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Richest source of vitamin C\***
- **Cleanses and revitalizes the entire system\***
- **Supports positive nitrogen balance to aid in muscle development and recovery\***
- **Supports against environmental and stress-related free radicals\***
- **Rebuilds and maintains new tissues\***
- **Increases red blood cell count\***
- **Anti-bacterial and anti-viral activity\***
- **Helps to regulate blood sugar\***
- **Prevents premature graying of hair\***

### Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.