

Digest Tone Tablets - MA-505 - & Triphalla Churna Powder

How does it work?

Digest Tone is a mild laxative, it purifies so gently that when used over a long period of time, it allows even the deepest tissues and organs of the body to release toxins. Despite its powerful cleansing quality, it actually enhances food absorption rather than depleting the body of nutrients. **Digest Tone** promotes ojas, the finest product of digestion, which prevents disease, creates luster in the skin, and rejuvenates vital energy.

One more thing that makes **Digest Tone** stand out:

Maharishi Ayurveda Products uses only the rarest, highest grade of fruits, as described in the traditional texts, and to ensure that only the purest ingredients reach your cells, we use fruits grown without pesticides, chemical fertilizers or exposure to environmental pollutants. Finally, our fruits are harvested only when they are ripe on the tree, to ensure that you receive the full value of this amazing rasayana.

Digest Tone/Triphalla enhances circulation and includes capillary strengthening flavonoids, works as a cardio tonic. Cleanses the liver of toxins and enhances its functioning efficiency. Helps body tissue to detoxify slowly, including blood, muscle and fat tissues. Assists with balancing cholesterol. Has an anti-inflammatory effect (its constituents include Vitamin C and quercetin). Acts as an expectorant.

- Assists the body with elimination, acting as a mild laxative
- Assists the body in weight loss
- As an added benefit, it is nourishing to both the eyes and the skin

Herbal Masterpiece

The ingredients that make up Triphala are powerful individually. When combined correctly, synergy enhances the healing quotient exponentially.

- ***Chebolic Myrobalan***, according to Charaka, is as nourishing and useful for everyone as mother's milk.
 - It is considered beneficial for the eyes and a rasayana for the skin. It is good for the digestive system.
 - It helps enhance the absorption of nutrients in food.
 - It is also a cardio-preventive, helping to promote heart health.
 - Another excellent quality of this fruit is that it cleanses the macro and micro circulatory channels (shrotas).
- ***Amla berry*** helps purify toxins from the body.
 - One way Amla does this is by enhancing food absorption.
 - When your digestion becomes stronger, the food you eat is converted to nutrition rather than staying undigested and producing impurities.
 - Helps purify toxins by strengthening and stimulating the liver. If someone has accumulated toxins due to eating junk foods, leading an unhealthy lifestyle or being exposed to chemicals.
 - Amla helps flush out those toxins. Helps elimination. It strengthens and purifies Apana Vata, and thus supports the evacuation of the bowel, urine, and menstrual flow.
 - Amla helps relieve constipation. The urinary system is supported by Amla. It helps the body eliminate excess water in a natural way that is not disruptive or harmful to the body.
- ***Belleric Myrobalan*** helps flush toxins from the blood.
 - Sushruta points out the bhedana effect of this fruit, which means that because of its heating quality it clears clogged channels in the body almost as if drilling them clear.

Tips for Improving Digestion and Elimination:

- Avoid eating leftovers and foods that contain preservatives. Your body has to work harder to eliminate these impurities from the liver and cells.
- Avoid cold drinks, as these reduce digestive power.
- Drink plenty of warm water to help flush toxins from the body.
- Avoid cigarette smoke, alcohol, drugs, chemicals, pollution and exposure to other toxins as much as possible.
- Go to bed by 10 pm. so the body can rest during its natural purification cycle from 10 pm. to 2 am.
- Eat your main meal at noon, when your digestive fire is high.
- Don't watch TV, read or work while you're eating.
- Engage in light, pleasant conversation while you're eating to support good digestion.
- Eat plenty of green, leafy vegetables and stick to a high-fiber diet of fresh fruits, vegetables and grains.