

Premium Amla Berry

- MA 0001 -

Potent Rasayana for Overall Rejuvenation

Amla fruit is renowned in Ayurveda for its health promoting powers and is used in numerous herbal preparations.

For thousands of years this herb has been praised for its ability to create harmony between mind and body and to bring all three doshas (controlling elements of the body) into balance.

We use the wild forest fruit, which is smaller and more costly but more highly regarded and said to be the most potent.

Ayurveda describes Amla as having a muscle-building effect, and recommended for anyone involved in sports or for anyone who takes vigorous exercise. It also supports the health of the inner and outer skin, eye function and digestion (reduces stomach acidity).

Increases Strength, Energy and Endurance

Ingredients:

- Amla - juice of fruit 48.08%
- Amla - fruit rind 48.08%

Excipients:

- Binder - Maize starch 1.92%
- Binder - Magnesium stearate 0.96%
- Lubricant - Nu-rice 0.96%

Each 500mg tablet contains 1.75mg of vitamin C.

Directions

Take 1-2 tablets twice daily 30 minutes before meals with warm milk or water..