Raw Organic Triphala ("three fruits"), an herbal formulation originating in India, has been found to act as a complete body cleanser. Not only does Triphala help to detoxify and cleanse the colon, it also purifies the blood and removes toxins from the liver. Other cleansing benefits of Triphala include reducing cholesterol (serum cholesterol) and helping reduce high blood pressure.

Triphala is made from the fruits of three trees that grow in India and the Middle East (Sanskrit term triphala literally means three fruits). The fruits are dried, ground into powder, and blended in a precise manner developed by the ancient Ayurvedic herbalists. The three herbs that comprise triphala have potent healing properties:

Amalaki (Amla, Indian gooseberry, emblica officinalis) is considered one of the best rejuvenating herbs in Ayurveda. It's a strong natural
antioxidant containing 20 times more vitamin C than orange juice. In India, amalaki is known as the nurse herb because it strengthens the immune system and cools the body.

Haritaki (Harada, terminalia chebula) has the strongest laxative powers of the three fruits contained in triphala. In Tibet, haritaki is so highly revered that in their sacred paintings, it's often depicted in the extended palm of the medicine Buddha. The herb also has astringent properties.

Bibhitaki (Behada, terminalia belerica) is an excellent rejuvenative with both laxative and astringent properties. It eliminates excess mucous in the body and provides support for a variety of lung conditions, including bronchitis and asthma.

Triphala gently cleanses and detoxifies the body without irritating the colon. In addition, unlike other laxatives that deplete the body, triphala actually strengthens and nourishes the bones, nervous system, and reproductive organs. In recent years, a number of research studies have found new uses for this herb, including reducing mutated cellular growth. It is also found to have high antioxidant qualities, and is even useful for noise and stress induced conditions.

Triphala is taken as a general health tonic, useful for all body types and a variety of conditions. It is commonly recommended to tone and strengthen the digestive system, particularly in cases of weak digestion and constipation. Triphala is a gentle laxative that can be used daily and is not habit-forming, and has no adverse effects on the intestinal flora (the microorganisms that aid digestion). It is said to improve the function of the stomach and intestines, and is also useful for cases of excess stomach acid. Triphala regulates and detoxifies the bowels, improves overall health by increasing the efficiency and absorption of digestion, and reduces gas. It has a balancing effect on the body's metabolism, and is prescribed to
restore appetite. The herbal compound also helps the body to eliminate excess fat, by improving metabolism. Because of its gentle properties, triphala is recommended as a digestive aid for the elderly and for those with sensitive stomachs.

In addition to restoring the balance of the digestive tract, triphala is used as a blood builder and purifier, and may increase red blood cell count and hemoglobin levels. Because of its balancing effect on blood sugar levels it may be useful for those with diabetes and hypoglycemia. It also has anti-cholesterol and anti-mucus properties in the body. Triphala is believed to strengthen the kidneys and liver, and can be helpful for hepatitis sufferers.

Raw Triphala has a strong taste. It is recommended to drink it with juice or to place honey on the tongue before swallowing. It is often possible to find Triphala in pill form however, the powdered form is much more effective and can be mixed thoroughly in a small amount of cold or warm water or simmered in water and drunk as a medicinal tea. When used as a digestive tonic or laxative, it is best taken in the evening, about two hours after eating, and at least 30 minutes before bedtime. No food should be eaten for one and a half hours after ingestion.

Some possible benefits of our raw organic Triphala powder may include:

- Feeling pure, light & revitalized
- Removing toxins, accumulations, gas & distention without irritating the colon
- Reducing Fibromyalgia pain
- Nourishing your nervous system, blood & muscle
- Improving Adrenal function
- Nourishing the bones, nervous system, & reproductive organs
- Strengthening immune system
- Eliminating excess mucous
- Astringent properties
- Reducing noise & stress induced conditions
- Laxative properties
- Potent healing properties
- Fighting Scabies
- Being a great rejuvenator & antioxidant
- Increasing digestion, assimilation & reduce fat
- Helping a variety of lung conditions, including bronchitis & asthma
- Detoxifying every system in the body
- Cooling the body
- Regulating & vitalizing your metabolism

Suggested Use: Mix 1/4 - 1/2 teaspoon with juice, yogurt, or add to your favorite smoothie.

Botanical Names: Emblica Officinalis, Terminalia Chebula, Terminalia Belerica

Other Names: Amalaki, Bibhitaki, Haritaki