

AMLA EXTRACT (*Emblica Myrobalan*) (berry)



Amla, *Emblica officinalis* is commonly known as “ Indian gooseberry ” is indigenous to India. Amla is valued for its mineral and vitamin content and is a good natural source of Vitamin C, Amino Acids, Enzymes and antioxidant polyphenols, which are reported to be active constituents of Amla. It has been used as a valuable ingredient of various medicines in India and the middle East from time immemorial. It is the best of all acid fruits and most

useful for health and in treating diseases.

Amla Extract may help to rebuild new tissues and increase the red blood cell count. It is beneficial in the treatment of respiratory disorders, anemia, jaundice, certain heart complaints, effective in controlling diabetes and reducing cholesterol. Amla extract is a general health tonic !!

The Amla fruit, (*Emblica officinalis*) is small and innocuous-looking. It grows wild and is also cultivated in the forests and seacoasts of India and Kashmir.

Amla has long been recognized as a stalwart member of the family Euphorbiaceae with literally hundreds of uses. The Amla shrub grows into a small or middle-sized deciduous tree. Medical studies conducted on Amla fruit suggest that it has antiviral properties and also functions as an antibacterial and anti-fungal agent. The Amla berry holds a place of esteem in traditional Asian medicine, even though it is only now becoming known in the West. Because of its tartness, the Amla fruit is a good liver stimulant; the fruit is cooling and mildly laxative.

Additional clinical research has been conducted on Amla's positive effects on the body, which include enhanced cellular regeneration, increase of lean body mass, and enhanced production and secretion of interferon and corticosteroids.

The Amla berry can be identified as a mainstay of Ayurveda, classical East Indian medicine. Traditionally, Amla has been called the best of the Ayurvedic rejuvenative herbs because through its natural balance of tastes (sweet, sour, pungent, bitter and astringent) all in one fruit, it stimulates the brain into BALANCE.