

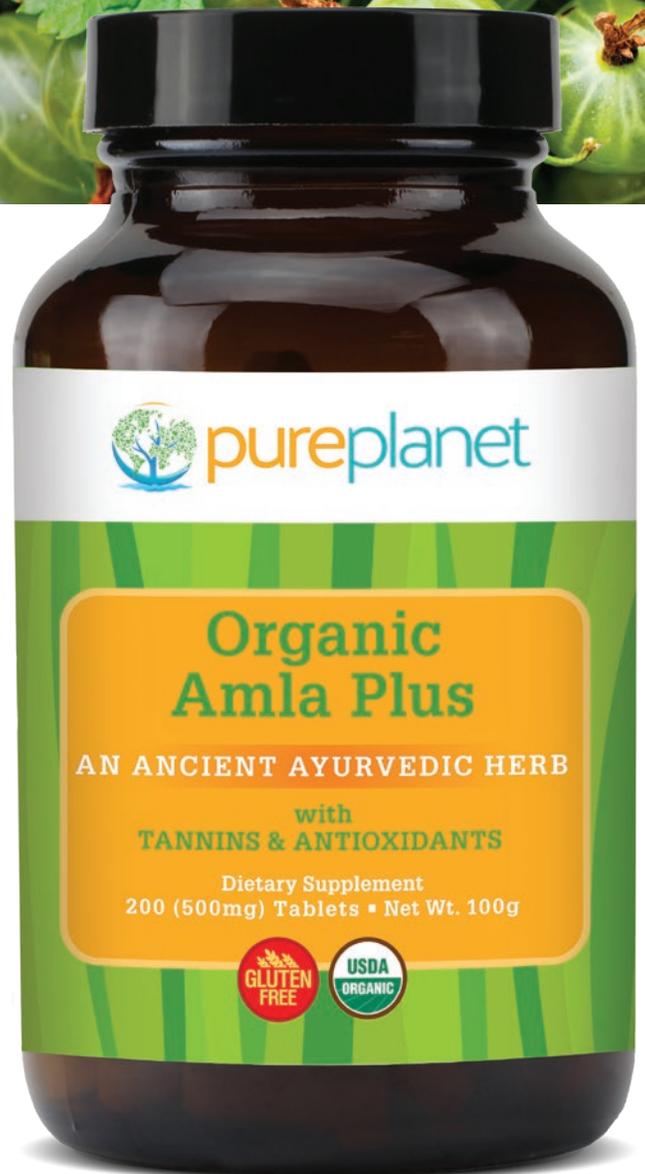
# ORGANIC AMLA PLUS

100 TABLETS, 200 TABLETS, 500 TABLETS | 4oz POWDER

**Certified Organic**  
**Non-GMO**  
**Vegan**  
**Gluten-Free**

The Amla berry, or Indian gooseberry, provides the most ancient source of vitamin C. Revered in Ayurvedic medicine, this whole food vitamin C is twelve times more absorbent than synthetic vitamin C. At Pure Planet, we've combined this potent superfruit with organic spirulina to maximize the health benefits.

- May support healthy immune function
- Contains high levels of antioxidants
- Contains tannins, which may help protect the body against oxidative stress
- Can increase protein synthesis



AN ANCIENT AYUERVEDIC HERB

## WHY WE OFFER AMLA PLUS

Pure Planet continuously searches the globe to seek out and apply the knowledge of ancient cultures and indigenous medicines. In the country of India, we found a treasure in the form of the Amalaki fruit, also known as Indian gooseberry or Amla. This plum-like fruit is one of the most bioavailable sources of naturally-occurring vitamin C and also includes other complementary (synergistic) antioxidants and bitters.

## INTERESTING FACTS

Most “vitamin C” supplements on the market today do not actually contain true vitamin C at all. Instead, more often than not, they contain a synthetic antioxidant referred to as “ascorbic acid.” In nature, the vitamin C complex uses natural ascorbic acid to resist oxidation. For example, Scurvy, a medical condition caused by a deficiency of the nutrient vitamin C is more easily reversed by consuming true vitamin C than by synthetic ascorbic acid alone. While Amla only contains a small amount of vitamin C when compared to the synthetic ascorbic acid supplements out there, studies show that it is far more effective. Amla is commonly consumed in India; however, since harmful chemicals like DDT are still regularly used by farmers in India, it is vitally important to select the purest organic fruits that are available.

Pure Planet uses only 100% pure, certified organic and chemical-free Amla berry in our formula.

## HISTORY

In Ayurvedic medicine, Amla is the most commonly used of all herbs and is thought to be the key component of triphala which is the most widely used Ayurvedic remedy. It has been written about in historical texts dating back 5,000 years. Traditional Ayurvedic medicine considers it a powerful anti-aging tonic, and it is recommended to help tone and balance the blood. Sailors learned that vitamin C rich fruit was the primary way to remain healthy and free from scurvy while at sea.

## POTENTIAL BENEFITS

Vitamin C (consumed from food) is essential for helping purify and cleanse our blood and our liver. It also strengthens our skin and cell membranes.

## HOW IT IS MADE

The fruit is dried at room temperature and then grounded into a fine powder. We create our Amla Plus tablets and powders by combining a ratio of 80% Amla and 20% spirulina.

### Supplement Facts

	Amount per serving	% Daily Value*
Organic Amla Berry	4000 mg	†
Organic Spirulina	1000 mg	†
Vitamin C	15 mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
† Daily value not established

#### SUGGESTED USE:

Powder: Mix 1.5 teaspoons with 8 oz of purified water. Drink once or twice daily. Tablets: Take 2 to 10 tablets daily.

#### INGREDIENTS:

Organic Amla Berry, Organic Spirulina

PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Amla Plus Organic	100 tablets	88400	091401884009	12	7.01	11.68
Amla Plus Organic	200 tablets	86401	091401864018	12	11.25	18.75
Amla Plus Organic	500 tablets	86402	091401864025	12	24.38	40.63
Amla Plus Organic	4oz powder	86410	091401864100	12	8.37	13.95