



EDUCATION GUIDE

The Ultimate Source of Vitamin C: Indian Gooseberry (Amalaki or Amla)



Indian Gooseberry: India's original superfruit

- Also called "Amla" or "Amalaki"
- Used as a healing fruit for thousands of years

Amalaki (Emblica officinalis/ Phyllanthus emblica) provides a fully bio-available source of natural Vitamin C that is easily digested and assimilated including bioflavonoids and all Vitamin C co-factors:

-“At 4-6 mg/g Amalaki has one of the highest vitamin C contents of any food ever measured. In many of the tests Amalaki has two or three times more vitamin C than any other fruit or vegetables analyzed. And that vitamin C is heat stable relative to any other vitamin C.”
(Quote from: blog.organicindiausa.com/earth-dais/the-incredible-amount-of-vitamin-c-ness-in-amalaki/)

- Considered one of most important herbs in Ayurvedic medicine, a system of traditional Hindu medicine native to the India, dating back to prehistoric times
 - Used for deep rejuvenation
 - Believed to promote long life and youthful vigor
 - Used for digestive help and immune support

-Considered one of the world's greatest adaptogens

-Adaptogen: an herb or agent that assists the body's ability to counter or "adapt" to physical, emotional, biological and environmental stressors, while helping to maintain homeostasis or balance in the body

-Adaptogens beneficially modify the body's response to stress

Benefits of Indian Gooseberry (Amalaki or Amla):

- Helps heal bodily tissues and membranes: sore throat, mouth ulcers, sinus infections, wounds, inflamed lung tissue, all soft tissue areas, etc.
- As an anti-inflammatory, helps reduce arthritic pain and swelling
- Helps minimize the biological impact of stress
- Helps improve sleep
- Can help improve eyesight; reduces eye inflammation, itching and watering
- Assists both the liver and bladder in toxin removal
- Detoxifies and rejuvenates the digestive system and GI tract (<http://organicindiausa.com/article-attaining-optimal-weight-through-balanced-digestion/>)
- Reduces acidity and helps to balance pH levels
- As one of the most potent anti-oxidants, Amalaki does the work of fending off free-radical damage throughout the body
- Because of its high concentration of Vitamin C, Amalaki offers major support for maintaining healthy immune response
- Has anti-bacterial and astringent properties
- Rich in chromium which can help regulate carbohydrate metabolism and reduce insulin resistance

Additional Information Sources:

Dr. Narendra Singh, Director, International Institute of Herbal Medicine

<https://www.youtube.com/watch?v=7tV8nBQJGGs>

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