

Amla / *Phyllanthus emblica*

Part consumed –
Fruit

Form consumed - Dried powder, Juice, Decoctions, Confections

Maximum daily consumption by adults -
Powder-10 g
Juice- 20ml

Composition

- Fibres - 5%
- Vitamins A, C, E
- Minerals as Iron, Calcium
- Phenolic Compounds
- Tannins
- Phyllembelic Acid
- Phyllembelin
- Rutin
- Curcuminoid
- Emblicol



Indications as per Ayurveda

- Rejuvenator
- Cancer
- Diabetes
- Heart Diseases
- Renal Failure
- Immune Suppression
- Arthritis
- Anti-Diabetes
- Cataract
- Skin Diseases

Modern Clinical Studies

- Antitumorigenic
- Antioxidant
- Anti-Inflammatory
- Hepato-protective
- Diuretic
- Antipyretic
- Anti-Aging