



Amla Paste™

Adaptogen and Antioxidant*

Natural Fruit and
Herbal Supplement



Amla Paste™

Description

Amla Paste™, also known as Chyawanprash, is a combination of Gooseberry fruit and several other herbs and spices made according to a 2,000 year old traditional recipe. The main ingredient is Amla (botanical name: *Emblica officianalis*) also known as Indian Gooseberry. Amla Paste is a botanical concentrate of 43 natural ingredients, including fruits and herbs, that are gently steeped and cooked together.

The fresh Amla fruit is one of the richest natural sources of bioflavonoids and Vitamin C. Each plum-sized fresh fruit contains up to 700 mg of Vitamin C. The synergistic and protective action of the bioflavonoids and polyphenols found in Amla potentiate the natural ascorbate.

Researchers⁽¹⁾ have shown that 8.7 mg of Vitamin C complex from Amla source is equivalent to 100 mg of the commonly used pure Vitamin C.



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Traditional and Historical Aspect

Traditionally, this Indian recipe is classified as a “Rasayana” or adaptive–rejuvenative food. It is held in high esteem by indigenous Indian healers.

The Amla fruit is green when unripe and turns into a brick-red color when mature and ripe.

Other nutrients in the fresh Amla fruit include: ^(2,3)

- Carbohydrates 14%, Protein 0.5%, Fat 0.1%
- Natural minerals 0.7% with about 0.05% contributed by Calcium
- Niacin 0.2 mg and 600-700 mg of Vitamin C per 100 g

Properties and Benefits

The nutritional properties of Amla Paste are due to the abundance of the naturally occurring antioxidant and other accessory nutrients:*

- Bioflavonoids
- Vitamin E
- Lycopenes
- Ellagic Acid
- Vitamin C
- Beta Carotene
- Gallic Acid

Regular use is known to benefit the following:

- Strengthens capillaries and strengthens gums.*
- Amla protects chromosomes after exposure to aluminum, lead, nickel, arsenic and other heavy metals.
- Helps maintain cholesterol levels that are already within the normal range.*
- Immune Effect–various components in Amla Paste help the body strengthen the immune system.
- Adaptogenic Effect–Adaptogens help restore certain functions after stressor exposure, irrespective to the direction of change. Components in Amla Paste exert adaptogenic effects on: the immune system, gastrointestinal tract, produce an overall reduction in oxidative stress and helps restore vitality.*

Amla and Protection from Heavy Metal Toxicity

Several studies conducted in animals have shown that Amla protected the animals chromosomes following heavy metal exposure (Aluminum, Lead and Nickel).* ^(4, 5, 6)

When an equivalent amount of pure Vitamin C was used to assess its protective value, there was only partial protection, indicating that it was the synergistic action of various natural components in the Amla that helped protect the DNA.

REFERENCES

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4. Dhir, H., et al. Mutation Research 241:305-312 (1990).
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Amla Paste™

Net Wt. 17.5 oz (500 g)

Nutrition Facts	
Serving Size: 1 tablespoon	
Servings Per Container: About 33	
Amount Per Serving	%DV*
Calories 45	Calories from Fat 0
Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrate 11g	4%
Sugars 10g	
Protein 0g	
Vitamin C	40%
Iron	2%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A or calcium.	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	

INGREDIENTS:

Fresh Indian Gooseberry Fruit (Amla), Sugar, Honey, Clarified Butter, Long Pepper, Sesame Oil, Giant Potato, Cardamom, Bamboo Manna, Indian Kudzu, Winter Cherry, Asparagus, Cinnamon Bark, Dashmool (Bengal Quince, Migraine Bark, Indian Trumpet Flower, Indian Purple Trumpet, Sal Leaf Bush, Urara Pitch, Indian Nightshade, Small Nightshade, Small Caltrop, Cashmere Bark), Country Mallow, Wild Green Gram, Wild Black Gram, Galls, Feather-Foil Plant, Raisins, Ceylon-Cow Plant, Irish Root, Chebulic Myrobalan, Round Zedoary, Nut Grass, Spreading Hogweed, Blue Water Lily, Malabar Nut, Liquorice, Ice Plant, Sandalwood, Clove, Chinese Cinnamon and Indian Rose Chestnut. Preservative: Potassium Sorbate (E 202).

Suggested Use:

Take 1-2 tablespoons per day. Take with hot water, milk or juice. May also be taken as bread spread or jam.

Caution:

Not suitable for diabetics. Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.