

Botanical Name - Phyllanthus emblica
Common name - Amla, Indian goosbarry



Uses

1. Vitamin C source: Boosts immunity and skin health.
2. Haircare: Promotes hair growth and prevents dandruff.
3. Skincare: Reduces signs of aging and improves complexion.
4. Digestive aid: Improves digestion and relieves acidity.
5. Liver detox: Supports liver function and detoxification.
6. Heart health: Reduces cholesterol and strengthens the heart.
7. Diabetes management: Helps regulate blood sugar levels.
8. Weight loss: Boosts metabolism and aids in fat burning.
9. Eye health: Improves vision and reduces eye strain.
10. Respiratory support: Treats coughs, colds, and asthma.
11. Anti-inflammatory: Alleviates joint pain and inflammation.
12. Antioxidant properties: Fights oxidative stress.
13. Energy booster: Enhances stamina and energy levels.

14. Immune system: Strengthens immunity against infections.

15. Oral health: Prevents gum diseases and strengthens teeth.

16. Anti-cancer potential: Contains compounds that may inhibit cancer cell growth.

17. Traditional medicine: Used in Ayurveda for holistic healing.

