

Triphala Vegan Capsules

60 Vegan Capsules – 320mg

Triphala is a powerful combination of three fruits: Amalaki, Bibhitaki, and Haritaki. The mixture has been used for thousands of years in Ayurvedic medicine for its numerous health benefits and is known to aid digestion, improve energy levels, reduce bloating and constipation, and even help with weight loss. All of the ingredients used in the mixture are natural and have been shown to be safe for short-term use.

The three fruits that make up Triphala come together to create a powerful combination that can help improve your digestive health. As it aids with digestion, Triphala can help reduce bloating and constipation, improve nutrient absorption, and even help you lose weight. In addition to these digestive benefits, Triphala has been known to improve energy levels as well.