



## GI Defense

*Indicated as Digestive Aid & GI Health*

**This Ayurvedic formula aids digestion and supports healthy bowel tissue\*, normalizes stools (especially helpful for constipation), helps reduce inflammation, supports a healthy weight, healthy blood sugar & cholesterol levels, helps normalize blood pressure, supports a healthy immune system, helps reduce cancer risks, supports healthy liver function and healthy skin.**

***\*studies have shown that the ingredients may improve the symptoms of IBS and IBD.***

### Suggested Use

Take 2-4 capsules at bedtime or as directed by a qualified health professional.

**Quantity:** 90 Capsules.

### Other Ingredients

Ginger, Rosemary, Fennel and Gelatin Capsule.

### This Formula Includes:

#### **Triphala** (*Three Fruits*)



**Amalaki** (*Phyllanthus emblica*)  
**Bibhitaki** (*Terminalia bellirica*)  
**Haritaki** (*Terminalia chebula*)

This blend contains powerful anti-inflammatory compounds that may help protect against certain cancers and other chronic diseases. Studies have shown that it may help treat constipation, resolve dental issues and promote weight loss.



#### **Rose** (*Rosa*)

Rose has been shown to reduce the risk of heart disease, diabetes, obesity, and cognitive diseases.



#### **Lemon** (*Citrus limon*)

May aid weight loss and reduce your risk of heart disease, anemia, kidney stones, digestive issues, and cancer.

The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.