

# Zrii Ingredients



## **AMALAKI (EMBLICA OFFICINALIS)**

For centuries, this small fruit, which grows in the fertile soil at the base of the Himalayas, has often been considered the most effective source for, among other things, promoting cellular rejuvenation, enhancing immune function, and increasing vitality.

## **GINGER (ZINGIBER OFFICINALIS)**

For more than 2,500 years, ginger has been used to not only please the palate, but also to treat a variety of health ailments and improve digestion, absorption, and assimilation.

## **TURMERIC (CURCUMA LONGA)**

Native to tropical South Asia, Turmeric demonstrates the ability to compliment circulation and digestion and has been used for thousands of years as a safe anti-inflammatory.

## **TULSI (OCIMUM SANCTUM)**

Tulsi, also spelled tulasi and referred to as holy basil, is an aromatic plant known to enhance digestion and intestinal health, and recent studies suggest that Tulsi may be effective as a painkiller and may help reduce glucose and cholesterol levels.

## **SCHIZANDRA (SCHIZANDRA CHINENSIS)**

Schizandra is a famous tonic known for many qualities—preserve youth as a beauty tonic, help mental function and memory, and improve overall strength.

## **JUJUBE (ZIZIPHUS ZIZYPHUS)**

Jujube fruit has been cultivated for over 4,000 years and is known to support the immune system with its high levels of vitamin C.

## **HARITAKI (TERMINALIA CHEBULA)**

Haritaki has been shown to nourish tissues—particularly the heart, liver, and kidney—and treat diseases of the eye, and by blocking the ability to utilize sugars, Haritaki may have cholesterol-lowering qualities and help eliminate bacteria.