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**Zrii F Charm**  
March 31 · 🌐

Health Benefits of Amalaki :

- Amalaki inhibiting the aging process
- Amalaki Prevents common cold
- Amalaki is a nutritional powerhouse and hence used to boost immunity and restore body's vitality.
- Amalaki provides energy to vital organs and hence used in chronic illness recovery.
- Amalaki helps in regulating blood glucose levels in diabetic patients.
- Amalaki facilitates absorption of iron in the body and improves hemoglobin level.
- Amalaki possesses potent anti-inflammatory action and hence used in various gastrointestinal tract inflammation such as gastritis.
- Amalaki contains natural digestive enzymes and hence used in indigestion.
- Amalaki promotes spermatogenesis.
- Amalaki reduces serum cholesterol and reduces high blood pressure.



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