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Health Benefits of Amalaki - Liquid Multi Vitamins and Minerals by [James Brown](#)

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Fruits are found to be very useful in increasing the immunity of body as they are rich source of vitamins and minerals. An Amla fruit is also found to have numerous health benefits as it is a rich source of vitamin C. Amla is used since ancient times in the preparation of many herbal remedies for various diseases. Many nutritional supplements that help to boost immunity consist of amla as one of the main ingredients. Amla can be eaten raw or cooked. Amla fruit is also used to make jams, pickles which are very good for health. Some important health benefits of amla are discussed here:

Amla has high content of vitamin C which helps in the prevention of respiratory diseases. Amla powder is used in the preparation of herbal medicines for respiratory diseases such as asthma, rhinitis, bronchitis, cold, cough etc. Amla has been used since ages for the treatment of various respiratory diseases.

Amla has antioxidants which help to remove harmful cells from the body and make your body free from harmful cells. It is very good for skin and provides glow to your skin by removing dead cells. It gives a younger looking skin if eaten daily. It is a very good product for skin diseases such as eczema, acne, psoriasis etc.

Amla is a herbal tonic for your hair. Amla juice is used for growth of hair. It helps to make stronger roots of your hair and prevents hair fall. Application of amla juice restores hair growth and gives you beautiful, long hair. It also helps to remove dandruff.

Amla is an excellent herbal product for heart diseases. It helps to lower down the blood pressure and blood cholesterol level. People who suffer from heart diseases should take amla to lower down blood pressure and blood cholesterol naturally. It helps in optimum functioning of the heart tissues.

Amla is a rich source of minerals and vitamins and thus provides immunity against infection. It gives protection against various infective diseases. It boosts up the immune system and energizes body cells.

Amla helps to improve digestive functions. It is a good natural product to treat indigestion, flatulence, acidity etc. It also helps to increase appetite. Thus, digestive disorders can be easily treated by taking amla regularly.

Amla also helps to treat blood disorders such as anemia, leukemia, low white blood cell count etc. It is a good natural remedy for menstrual disorders of women. Women who suffer from menstrual irregularities should take amla to get rid of these disorders.

Amla is good for gum diseases. People suffering from gum diseases such as bad breath, painful gums, etc should take amla to strengthen the roots of gums naturally.

Amla is good for eyes as it helps to prevent cataract and other eye infections.

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