



Experience the power of... Zrii™

The Health Benefits

In Ayurveda, the Amalaki fruit is widely considered to be the most rejuvenating super-fruit. For over 5,000 years, Ayurveda has valued Amalaki for its rejuvenating, vitality-enhancing, and anti-aging properties. Scientifically formulated with a blend of Amalaki and synergistic herbs, Zrii is an effective new liquid nutritional drink that is rooted in the ancient wisdom of Ayurveda. Created with pomegranate, pear, and grape juice, Zrii is rich in antioxidants, free-radical scavenging polyphenols, and bio-stable Vitamin C.

Amalaki – Amalaki is a very powerful anti-inflammatory herb. It enhances production of red blood cells, strengthens teeth, hair and nails. It has also been used to increase lean body mass and help with weight management.

Amalaki reduces unwanted fat because it increases total protein levels; this is due to its ability to create a positive nitrogen balance and it also significantly reduces the levels of free fatty acids. In addition, *amalaki, in a raw or natural form, reduces cholesterol and cholesterol induced atherosclerosis (obstruction of the arteries), making it a useful natural product to fight obesity.*

- Reduces bad cholesterol levels – LDL
- Anti-atherosclerosis
- Anti-ulcer
- Excellent source of Vitamin C (*30x more than oranges*)
- Antibacterial
- Supports Cardiovascular health
- Supports healthy Lungs
- Enhances food absorption
- Balances stomach acids
- Fortifies the liver
- Nourishes the brain and mental functioning
- Supports the heart
- Strengthens the lungs
- Regulates elimination
- Enhances fertility
- Helps the urinary system
- Good for the skin
- Promotes healthier hair
- Acts as a body coolant
- Flushes out toxins
- Increases vitality
- Strengthens the eyes
- Improves muscle tone
- Acts as an antioxidant
- Enhances immunity

Tumeric – Improves digestion and intestinal health, circulation and reduces inflammation, protects the heart, stabilizes cholesterol, supports the liver, supports joints

Tulsi – Improves digestion and intestinal health, normalizes and regulates blood sugar, increases energy, supports eyesight, supports nervous system, stabilizes cholesterol, supports the respiratory system (helpful for asthma and bronchitis), supports kidney and urinary tract, enhances immune system, supports the adrenals

Ginger – Improves digestion, absorption and assimilation of nutrients, supports circulation, cleanses colon, normalizes body temperature, supports joints, enhances immune system

Haritaki – Serves as a mild detoxifying agent, nourishes the tissue, supports weight management, increases energy, supports eyesight, supports nervous system, helpful for asthma and bronchitis, enhances immune system, benefits the skin

Schizandra – Calms the nerves, has antioxidant and detoxifying effects, anti-inflammatory, supports cellular health, relieves menopausal symptoms, enhances mental activity, stimulates nervous system, supports eyesight, supports respiratory system, inhibits allergies, protects the heart, normalizes blood pressure, supports liver, supports kidneys and urinary tract, enhances immune system, supports adrenals

Jujube – Protects the digestive system and has mild rejuvenating effects, calms the nerves, protects the heart, supports liver

Just a few more notes:

- Of the thousands of plants, herbs, vegetables and fruits that contain the protective antioxidant power of true natural vitamin C (not to be confused with synthetic ascorbic acid), **Amalaki** is considered the highest known source in the world.
- Adaptogens are remarkable, natural substances that help the body restore balance. They increase the body's resistance to physical, biological, emotional, and environmental stressors and provide a defense response to acute or chronic stress. There are only 21 known adaptogens. They include **Amalaki, Schizandra** and **Tulsi**.
- According to Ayurveda, Rasayana herbs slow aging, are revitalizing, restorative, and prevent disease. They can also be taken over long periods of time without causing side effects. There are only 13 herbs in this category. They include **Amalaki, Tulsi** and **Tumeric**.
- Inter-Cellular communication within the human body relies on the two messenger molecules, cGMP and cAMP; the **Jujube** fruit has one of the highest known concentration of cGMP and cAMP of any known plant or animal.

*“The Chopra Center for Wellbeing endorses Zrii as a high quality, reliable formulation of the rejuvenative fruit Amalaki (*Emblica officinalis*). Over 100 scientific studies suggest that this fruit, which has been held in high esteem by Ayurvedic doctors for millennia, has measurable health benefits. The Chopra Center™ has been encouraging a daily dose of Amalaki for over a decade. Zrii provides a balanced, pleasing, and concentrated source of this nutritive food.”*

The Chopra Center™ is a registered trademark of the Chopra Center for Wellbeing.

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Let us help unleash the natural healing power of YOUR body!

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