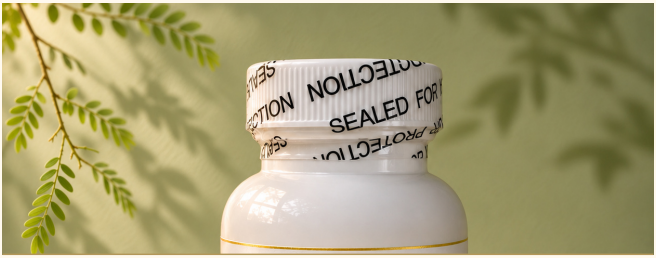
Amla Fruit Extract

A guide to your capsules



Before you begin



Check the seal

Look at the seal before opening the bottle. If it is damaged or missing, do not use the capsules.

Who should ask first?

Ask a healthcare professional before use if you are pregnant, nursing, under 18, taking medication, or managing a health condition.

At the pharmacy

Bring the bottle and a list of your medicines and supplements. Ask whether this extract is suitable for you and how it fits into your routine.

Your daily serving



How to take your capsules

Adults take 2 capsules daily with 6–8 fl oz of water (about 180–240 mL), or as directed by a healthcare professional.

Do not exceed the suggested dose.

How long will a bottle last?

Each bottle holds 60 vegetable capsules, enough for 30 days at the suggested dose. Tick a box after each serving in your first week.

☐	☐	☐	☐	☐	☐	☐
MON	TUE	WED	THU	FRI	SAT	SUN

Bottle care



Choose a cool, dry place

A dry cupboard away from the stove or bathroom steam is a good place to keep the bottle. Choose a spot out of children’s reach.

After each serving

Close the cap and return the bottle to its cupboard. Keep the original label with the capsules so you can check the directions and product details later.

Date opened _____

About amla



The fruit in your capsules

Amla is also called Indian gooseberry. These capsules contain an extract of the fruit.

Phyllanthus emblica

What has been studied?

Early studies of amla found changes in cholesterol levels and markers of oxidative stress. Benefits for this NUVIORA formula remain unconfirmed.

Research review

Small clinical study

Order support



If your bottle arrives damaged

Keep the bottle and packaging. Take a clear photo of the damage and the label so the seller can identify the product.

Contact the seller

Use the seller’s contact option in your order confirmation or purchase history. Describe the issue and include your order number and the lot or batch code, if shown on the bottle.

Order number _____

Lot / batch code _____

Thank you for choosing NUVIORA Wellness.

www.nuviorawellness.com