



## Healthy & Tasty Amla Candy Treats For Your Kids



Amla, also known as Indian Gooseberry, has long been used in Indian food and supplements. According to studies, the entire amla plant is regarded as a traditional medicine with a variety of health advantages. The amla plant is a tiny tree with yellow-green blossoms that develop into round, sour-bitter fruit with vivid green skin as they age. It is the most abundant natural source of vitamin C.

Read more: [https://vitronaturals.com/blogs/ayurvedic\\_herbs/healthy-tasty-amla-candy-treats-for-your-kids](https://vitronaturals.com/blogs/ayurvedic_herbs/healthy-tasty-amla-candy-treats-for-your-kids)