WHAT IS CLAIMED IS:

1. A composition for use in reducing elevated blood lipid level in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and

mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

2. The use of a composition in the manufacture of a medicament for reducing elevated blood lipid level in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and

mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

3 The composition of claim 1 or the use of claim 2, wherein the one or more gallic acid derivatives is to be administered as a nutraceutical.

4 A composition for use in reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

5. The use of a composition in the manufacture of a medicament for reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

6 A composition for use in increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

7. The use of a composition in the manufacture of a medicament for increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in a subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

8. A composition for use in inhibiting the cellular uptake of cholesterol in a subject wherein the

composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in the subject.

9. The use of a composition in the manufacture of a medicament for inhibiting the cellular uptake of cholesterol in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in a subject.

10. A composition for use in inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby preventing the oxidation of LDL.

11. The use of a composition in the manufacture of a medicament for inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby preventing the oxidation of LDL.

12. The composition of claim 4 or the use of claim 5, wherein the two or more gallic acid derivatives are to be administered as a nutraceutical.

13. A composition for use in preventing or treating inflammation in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

14. The use of a composition in the manufacture of a medicament for preventing or treating inflammation in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

15. A composition for use in preventing or treating a stress response in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating a stress response in the subject.

16. The use of a composition in the manufacture of a medicament for preventing or treating a stress response in a subject wherein the composition consists of an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis*, and

wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating a stress response in the subject.

17. The composition of claim 13 or the use of claim 14, wherein the one or more gallic acid derivatives is to be administered as a nutraceutical.

18. The composition of claim 13 or the use of claim 14, wherein the one or more gallic acid derivatives are selected from the group consisting of: methyl gallate, ethyl gallate, glycerol-1-gallate, glucose-1-gallate (GG 1), glucose-6-gallate (GG6), glucose-1 ,6-digallate (DGG 16), mucic acid-2-gallate, 1-methyl mucate-2-gallate, mucic acid 1,4-lactone 5-gallate, geraniin, corilagin, chebilc acid, and m-digallic acid with minor p-digallic acid.

19. The composition or the use of claim 18, wherein the one or more gallic acid derivatives are selected from the group consisting of: Compound 4 + Compound 5 + Compound 2a, Compound 4 + Compound 8 + Compound 2a, Compound 4 + Compound 5 + Compound 7, Compound 4 + Compound 2a, Compound 4 + Compound 2b, Compound 7 + Compound 2b, Compound 5 + Compound 8, and Compound 5 + Compound 7.

20. The composition of claim 13 or the use of claim 14, wherein the at least one gallic acid derivative is present in an amount from about 10mg - 500 mg.

21. The composition or the use of claim 20, wherein the at least one gallic acid derivative is present in an amount from about 40mg - 200 mg.

22. A composition for use in preventing or treating inflammation in a subject wherein the composition comprises an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis* and one or more second agents, wherein the composition does not contain extracts isolated from *Withania somnifera* or *Ocimum sanctum,* and wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

23. The use of a composition in the manufacture of a medicament for preventing or treating inflammation in a subject wherein the composition comprises an effective amount of one or more gallic acid derivatives isolated from *Emblica officinalis* and one or more second agents, wherein the composition does not contain extracts isolated from *Withania somnifera* or *Ocimum sanctum,* and wherein the composition is to be administered to a subject identified with inflammation, thereby preventing or treating inflammation in the subject.

24. The composition of claim 22 or the use of claim 23, wherein the one or more second agents is a therapeutic agent.

25. The composition or the use of claim 24, wherein the therapeutic agent is selected from the group consisting of: inhibitors of cholesterol metabolism, inhibitors of triglyceride synthesis, beta blockers, diuretics, inhibitors of platelet aggregation, angiogenesis inhibitors angiogenesis inhibitors, arthritis medication, toxins and anti-inflammatory agents.

26. The composition or the use of claim 24, wherein the therapeutic agent is attached to the gallic acid derivative by a covalent linkage.

27. The composition or the use of claim 24, wherein the therapeutic agent is to be administered in combination with the one or more gallic acid derivatives.

28. The composition of claim 13 or the use of claim 14, wherein the subject is a mammal.

29. The composition or the use of claim 28, wherein the mammal is a human.

WHAT IS CLAIMED IS:

1. A composition for use in reducing elevated blood lipid level in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

2. The use of a composition in the manufacture of a medicament for reducing elevated blood lipid level in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing blood lipid levels in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

3 The composition of claim 1or the use of claim 2, wherein the one or more gallic acid derivatives is to be administered as a nutraceutical.

4 A composition for use in reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

5. The use of a composition in the manufacture of a medicament for reducing cholesterol biosynthesis in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby reducing cholesterol biosynthesis in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

6 A composition for use in increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in the subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

7. The use of a composition in the manufacture of a medicament for increasing the cellular efflux of cholesterol in a subject, wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

thereby increasing the cellular efflux of cholesterol in a subject, and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*.

8. A composition for use in inhibiting the cellular uptake of cholesterol in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in the subject.

9. The use of a composition in the manufacture of a medicament for inhibiting the cellular uptake of cholesterol in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum*, thereby inhibiting the cellular uptake of cholesterol in a subject.

10. A composition for use in inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum,* thereby preventing the oxidation of LDL.

11. The use of a composition in the manufacture of a medicament for inhibiting the oxidation of LDL in a subject wherein the composition comprises an effective amount of two or more purified gallic acid derivatives isolated from *Emblica officinalis*, wherein the gallic acid derivatives are selected from the group consisting of:

glycerol-1-gallate and glucose-6-gallate (GG6),

glycerol-1-gallate and mucic acid-2-gallate,

GG6 and mucic acid-2-gallate, and

glycerol-1-gallate and GG6 and mucic acid-2-gallate,

and wherein the composition does not contain *Withania somnifera* or *Ocimum sanctum,* thereby preventing the oxidation of LDL.

12. The composition of claim 4 or the use of claim 5, wherein the two or more gallic acid derivatives are to be administered as a nutraceutical.