

Supplement Facts

Serving Size 1 Pouch (3g)
Servings Per Container 15

	Amount Per Serving	% Daily Value**
Calories	10	
Total Carbohydrate	2g	1%
Dietary Fiber	1g	4%
Calcium	57mg	4%
Iron	2mg	11%
Sodium	20mg	1%
Potassium	62mg	1%

Organic Gotu Kola (leaf)	1.4g	†
Organic Fermented Tulsi (Holy Basil) Blend	0.8g	†
Holy Basil (<i>Ocimum sanctum</i>) (Krishna & Rama varieties) (leaf)		
East Indian Basil (<i>Ocimum gratissimum</i>) (Vana variety) (leaf)		
Organic Fermented Ashwagandha (root)	0.8g	†

**Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

GLUTEN FREE • KOSHER • VEGAN

DISTRIBUTED BY: ORGANIC INDIA USA

BOULDER, CO 80301 USA 1-888-550-8332

organicindia.com

Certified Organic by: QAI

To enjoy while pregnant or nursing, consult a physician before use.

⚠ **WARNING:** Reproductive Harm - www.P65Warnings.ca.gov



1.75"x0.7"
clear for date code



Blend 1 pouch
in water, juice
or smoothie.

Find recipes at
organicindia.com

Certified



Corporation

*Pictured is
one of our beloved
small family farmers.*



*At the heart of ORGANIC INDIA is
our commitment to be a living embodiment of
love & consciousness in action.*



SMALL FAMILY FARMERS

- Empowering small family farmers in India to cultivate regenerative, organic farmland
- Revitalizing communities through fair wages, education, healthcare, access to clean water and job skills training



REGENERATIVE AGRICULTURE

- Regenerating soil health and fertility
- Improving water retention and sequestering carbon
- Restoring vibrant health to the environment



HEALTHY CONSCIOUS LIVING

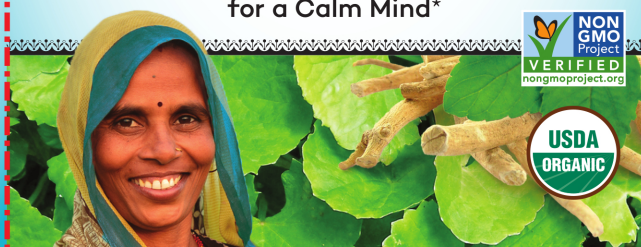
- Celebrating the interconnectedness of life
- Cultivating the health of our planet, our farmers and you



MINDFUL
Lift

WITH
FERMENTED
HERBS

Fermented Adaptogens
for a Calm Mind*



DIETARY SUPPLEMENT 15-1 OZ. (3g) PACKS NET WT. 1.5 OZ. (45g)

MINDFUL
Lift

WITH
FERMENTED
HERBS

Organic Gotu Kola blends with organic fermented Ashwagandha and Tulsi to support the nervous system, the body's natural stress response and a calm mind.*



Gotu Kola supports the brain and nervous system.

Ashwagandha has been used for centuries as a natural source of energy and vitality.*

Tulsi (Holy Basil) has been used for more than 5,000 years to support immunity, stress response, and the body's natural detoxification process.*

Our herbs are fermented using complementary probiotic strains to improve digestibility and biological enrichment.*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



ORGANIC INDIA is committed to responsible packaging. This carton is made from 100% recycled paperboard, with a minimum of 30% post-consumer content. Please support our environment by recycling this package.