

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

Blend 1 rounded teaspoon in water, juice or smoothie.  
Find recipes at [organicindia.com](http://organicindia.com)

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



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

**WARNING:** Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

\*This statement has not been evaluated by the FDA; This product  
is not intended to diagnose, treat, cure, or prevent any disease.



# MINDFUL Lift

WITH FERMENTED HERBS

Fermented Adaptogens  
for a Calm Mind\*

DIETARY  
SUPPLEMENT



30 SERVINGS  
NET WT.  
3.18 OZ. (90g)

## Supplement Facts

Serving Size 1 Teaspoon (3g)  
Servings Per Container 30

|                                                                        | 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:

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[organicindia.com](http://organicindia.com)

Certified Organic by: QAI

