

BANYAN[®]
BOTANICALS

Brahmi/Gotu Kola POWDER

(*Centella asiatica*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1 lb • 454g



Brahmi/Gotu Kola powder

Supports memory, intelligence, and concentration*

Supports proper function of the nervous system*

Promotes healthy skin and hair*

Those familiar with "the doctrine of signatures" may not find it surprising that a plant with a leaf that resembles a cerebellum, would have a special affinity for the brain. Brahmi (*Centella asiatica*) is a renowned mental rejuvenative traditionally used to promote the intellect, enhance mental performance, and support proper function of the nervous system. The leaves are highly sattvic (pure, harmonious) and historically have been eaten by yogis to assist in meditation. Brahmi is said to improve concentration, memory, and alertness. It is a natural blood purifier and helps support clear, healthy skin. Brahmi is also famous for promoting healthy, lustrous hair and is often applied as an oil for this purpose.*

Suggested Use: ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

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

Supplement Facts

Serv Size: ½ tsp Servings: 209

Amount Per Serving

Gotu Kola leaf (Brahmi), <i>Centella asiatica</i>⁺	½ tsp**
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⁺Certified Organic

^{**}Daily Value Not Established

Lot No. 432079-124

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Certified Organic by New Mexico
Department of Agriculture



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