

SUGGESTED USE:

1 capsule three times daily or as advised by your health care provider.

DO NOT USE IF SEAL IS BROKEN.

Warning: If pregnant, consult your physician before using this or any other product.

Keep Away From Reach Of Children

Please report any adverse event or reaction to 425-637-1400.

Distributed by Ayush Herbs, Inc. Redmond, WA 98052

www.ayush.com

Contains Naturally Grown Himalayan Herbs

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 90

Ingredients	Amount Per Serving	%DV
Biotin	2150 mcg	716%
Chromium (as chromium polynicotinate)	10.6 mcg	9%
Betaine-Hcl	200 mg	*

Extracts of:	Amount Per Serving	%DV
Gymnema sylvestre (75% Gymnemic acids)	300 mg	
Pterocarpus marsupium	100 mg	
Ocimum sanctum	100 mg	
Momordica charantia (20% bitters)	50 mg	
Eugenia jambolanum	50 mg	
Azadirachta indica	50 mg	

* Daily value not established

Other ingredients: Vegetarian capsule (Cellulose and Chitosan),
Croscarmellose Sodium, Silica, Magnesium Stearate
Free from Milk, Soy, Egg and Wheat.

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