


**ORGANIC
INDIA™**

MINDFUL

Lift

WITH
**FERMENTED
HERBS**

**Fermented Adaptogens
for a Calm Mind***



SINGLE SERVING DIETARY SUPPLEMENT NET WT. 1 OZ. (3g)

Supplement Facts

Serving Size 1 pouch (3g)
Servings Per Container 1

	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



Certified



Corporation

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

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

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

1.2"x0.25."

clear for date code

Blend 1 pouch in water, juice or smoothie.

Find recipes at
organicindia.com

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

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

