

This popular vegetable is revered both in Ayurvedic Medicine and curry dishes alike. Its bitterness was key to its early discovery by ancient physicians who used it to strengthen the digestive potential for sweet foods and to support balance.*

Modern research has revealed an array of unique plant compounds in Bitter Melon that mirror and support pancreatic function and insulin production.*

Featured herb on front: Bitter melon (fruit)

CLINICAL STRENGTH EXTRACT



Each Himalaya Organic Bitter Melon caplet is equivalent to 2,300 mg of Organic Bitter Melon powder per serving.

GLUTEN FREE • VEGAN FRIENDLY • cGMP



WHEAT CORN SOY DAIRY

No ingredients of animal origin

HAPPINESS THROUGH WELLNESS

Crafting traditional medicines based on Ayurveda, a 5,000 year old science that believes the journey back to wholeness begins with nurturing the capacity for joy.

Trusting the gifts of nature and the irreplaceable relationship between the plant and its native soil for consistent healing properties.

Contributing to the wellness of the earth by teaching our family of farmers to grow native plants sustainably on their land and reduce the demand on the local environment.

Building communities by advocating women in farming, protecting fair prices, providing maternal health, sponsoring clinical services and offering school wellness programs.

Believing that if wellness is the path to happiness, we must contribute to the wellness of all things. Wellness of people, wellness of the environment, wellness of our communities.

FAMILY OWNED FOR MORE THAN 85 YEARS

Lot No.:
Exp. Date:

Unvarnished area
28 x 8mm

Himalaya
SINCE 1930



Our cartons are made from 100% recycled fibers, including 40% post-consumer material. Our glass bottles contain at least 48% recycled content.

Himalaya
SINCE 1930

**Organic
BITTER MELON**
For balanced blood sugar levels*
Already within normal range*



Herbal Supplement
60 CAPLETS

Recommended Use: Adults take 1 caplet twice daily after meals.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 60

Amount Per Serving

Organic bitter melon powder (stem) (3% Bitters, 12.3 mg)	410 mg*
Organic bitter melon extract (fruit) (Momordica charantia) (2.5% Bitters, 6.25 mg)	250 mg*

*Daily Value not established

Distributed by:
The Himalaya Drug Company
1101 Gillingham Lane, Sugar Land, Texas 77478
Certified Organic by Control Union Certifications
CU 867461
Product of India

Neutral Code No.: KR/Drugs/DLA AUS-83
Mfg. Lic. No. AUS-83

Questions? Please call 1-800-869-4640
or visit www.himalayausa.com

Caution: As with any supplement, consult a healthcare practitioner before use if you are pregnant, nursing, taking medication, have a medical condition or are planning any medical procedure. Discontinue use and consult a healthcare practitioner if any adverse reactions occur. Keep out of reach of children.

*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.