

Ayurveda teaches the best defense for wellness starts with our thoughts and describes the plants and foods that support peace of mind. These learnings are the foundation for Himalaya's StressCare®.

The combined ingredients in this adaptogenic formula nurture the adrenal glands, which control the amount of cortisol (stress hormone) released into the body supporting energy, vitality and stress response.*

Featured herbs on front: Ashwagandha (aerial parts), Holy basil (aerial parts) & Gotu kola (leaf)

GLUTEN FREE • VEGAN FRIENDLY • cGMP



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



GLUTEN FREE



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



STRESSCARE®

Upgrades energy while lowering stress*
Preserves adrenal function*

INCLUDES
ASHWAGANDHA
& HOLY BASIL



NPN 80051024

1 MONTH SUPPLY
Herbal Supplement

120 VEGETARIAN CAPSULES

Recommended Use:
Adults take 2 capsules twice daily with meals.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend 444 mg*

chicory (seed), caper bush (root), yarrow (aerial parts), teri pod (root), caper bush* (root), chicory* (seed), black nightshade (whole plant), arjuna (bark), mace (rind), black nightshade* (whole plant), arjuna* (bark), ashwagandha (root), gotu kola (whole plant), Malabar nut tree* (leaf), nutmeg (nut), long pepper (fruit), elephant vine (stem), ashwagandha* (root), coffee serrata* (seed), yarrow* (aerial parts), tamarisk* (whole plant), licorice (root), shatavari (root), licorice* (root), shilajet* (mineral pitch), scilla (whole plant), shilajet (mineral pitch), chebulic myrobolan* (fruit rind), curculiga (root), clove (flower bud), celestus (fruit), cardamom (fruit), velvet bean (seed), curculiga* (root), teri pod* (root), velvet bean* (seed), nutmeg* (nut), long pepper* (fruit), mace* (rind), eclipta* (whole plant), elephant vine* (stem), turmeric (rhizome), ajowan (seed), saffron* (style & stigma), chebulic myrobolan (fruit rind), clove* (flower bud), cardamom* (fruit), ajowan* (seed), turmeric* (rhizome), celestus* (fruit), saffron (style & stigma).

Chyavanprash concentrate 276 mg*

amla* (fruit), amla (fruit), cinnamon (bark), baal tree (stem), leptadenia (whole plant), Malay bush beech (stem), Clerodendrum phlomisida (stem), sarjan (whole plant), velver (root), blue viss (whole plant), long pepper (fruit), Uraria picta (whole plant), holy basil (aerial parts), soaked ginger (rhizome), heart-leaf side (whole plant), Indian tinospora (stem), air potato (tuber), Indian cassia (leaf), Solanum angulim (whole plant), yellow-fut nightshade (whole plant), boerhaavia (whole plant), cardamom (fruit), three-lobed leaf cowpea (whole plant), cyperus (tuber), mesua (flower), Phyllanthus amarus (whole plant), oroxylin (stem), tribulus (whole plant), ashwagandha (root), Pentstemon capensis (root), Indian elecanopora (root), Indian kudzu (tuber), waterlily (flower), Malabar nut tree (aerial part), Indian kudzu* (tuber), heart-leaf side* (whole plant), baal tree* (stem), Clerodendrum phlomisida* (stem), oroxylin* (stem), Malay bush beech* (stem), fragrant padri tree* (stem), sarjan* (whole plant), Uraria picta* (whole plant), three-lobed leaf cowpea* (whole plant), blue viss* (whole plant), long pepper* (fruit), tribulus* (whole plant), Solanum angulim* (whole plant), yellow-fut nightshade* (whole plant), Chinese pistachio* (gall), Phyllanthus amarus* (whole plant), grape* (dried fruit), leptadenia* (whole plant), Indian elecanopora* (root), cinnamon* (bark), chebulic myrobolan* (pericarp), Indian tinospora* (stem), soaked ginger (rhizome), cyperus* (tuber), boerhaavia* (whole plant), shatavari* (root), cardamom* (fruit), velver* (root), waterlily* (flower), Malabar nut tree* (aerial part), ashwagandha* (root), Indian cassia* (leaf), mesua* (flower), air potato* (tuber), holy basil* (aerial part), bamboo* (bamboo mann), Pentstemon capensis* (aerial parts), fragrant padri tree (stem), bamboo (bamboo mann), Chinese pistachio (gall), shatavari (root), chebulic myrobolan (pericarp), grape (dried fruit).

*Daily Value not established *extract

Other Ingredients: Plant based cellulose (capsule)

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

Mfg. Lic. No. AUS-83

Distributed by: The Himalaya Drug Company
1101 Gillingham Lane, Sugar Land, Texas 77478

Product of India

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.