

NO wheat, corn, soy, or dairy.
NO ingredients of animal origin.
• Gluten Free • Vegan Friendly
• cGMP

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

Product of INDIA

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

Lot No.:
Exp. Date:

Unvarnished area
30mm(W) x12mm(H)

*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.

Rest and Recharge*

The adaptogenic power of Himalaya Ashwagandha combined with GABA, Holy Basil, and Chamomile helps you relax so your body can balance stress and energy levels, and you feel refreshed and rested.

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.



ASHWAGANDHA+
RELAX*

REST &
RECHARGE*
GABA, Holy Basil
& Chamomile



DIETARY SUPPLEMENT

60 VEGETARIAN
CAPSULES

The Power of Ashwagandha+

Discover the soothing strength of Ashwagandha+ RELAX to help you rest and recharge.*
The adaptogenic power of Himalaya Ashwagandha combined with GABA, Holy Basil, and Chamomile helps you relax so your body can balance stress and energy levels, and you feel refreshed and rested.*



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NO INGREDIENTS OF ANIMAL ORIGIN

Featured herb on front:
Ashwagandha (aerial parts) and Holy Basil

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 OVER 90 YEARS

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RELAX*

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GABA, Holy Basil
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60 VEGETARIAN
CAPSULES

RECOMMENDED USE:
Adults take 2 capsules once daily.

1 MONTH SUPPLY

Supplement Facts	
Serving Size 2 Capsules Servings Per Container 30	
	Amount Per Serving
Ashwagandha extract (root)	280 mg*
GABA (Gamma-aminobutyric acid)	100 mg*
Holy Basil extract* (leaf)	60 mg*
Chamomile extract (flower)	50 mg*
Shatavari extract* (root)	40 mg*
Ashwagandha supercritical CO ₂ extract* (root)	10 mg*
*Daily Value not established	
*Organic	

Other Ingredients: Tapioca starch, Plant-based cellulose (Capsule).



HUS-5049205

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