

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

Distributed by:
Himalaya Wellness USA Ltd.
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

*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.

Research has shown Gymnema's
unique plant chemistry supports
the metabolism of refined
carbohydrates in both the
digestive system and the
pancreas.*

Recommended Use: Adults take 1
caplet twice daily before meals

15 DAY SUPPLY

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.

Lot
No.:
Exp.
Date:

Unvarnished area
24x7mm

Himalaya
SINCE 1930

**Organic
GYMNEMA**
Traditionally called Sugar Destroyer*
Reinforces pancreatic function*



Herbal Supplement
30 CAPLETS

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 30

Amount Per Serving

Organic gymnema powder (stem)	400 mg*
Organic gymnema extract (leaf) (<i>Gymnema sylvestre</i>) (25% Gymnemic acids, 75 mg)	300 mg*

*Daily Value not established


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



HUS-5045122

The ancient texts of Ayurveda, which
first identified Gymnema, called it
Gurmar, or Sugar Destroyer.
This time-tested plant has been used
for thousands of years to support
digestion and normal kidney function.*

Research has shown Gymnema's unique
plant chemistry supports the metabolism
of refined carbohydrates in both the
digestive system and the pancreas.*

Used as a part of a healthy diet,
Gymnema supports blood sugar balance
already within the normal range.*

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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28 x 8mm

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Featured herb on front: Gymnema (aerial parts)

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WHEAT CORN SOY DAIRY

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