

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](http://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.

**Shatavari is an adaptogen for female hormones. It ushers balance and peacefulness in a myriad of ways to promote menstrual cycle comfort.\***

**Recommended Use:**  
Adults take 2 caplets per day before food.

### 1 MONTH 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.: Unvarnished area  
Exp. Date: 24x7mm

**Shatavari translates from its native language as she with a hundred children, but some joke it would be better translated as she who can tolerate a hundred children.**

Either way, it is an adaptogen for female hormones ushering balance and peacefulness in a myriad of ways to promote menstrual cycle comfort.\*

Featured herb on front: Shatavari (aerial parts)

GLUTEN FREE • VEGAN FRIENDLY • cGMP



WHEAT CORN SOY DAIRY  
No ingredients of animal origin



X000TLO64R

Himalaya Organic Sha...lets, 1 Month Supply  
New

### 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

Lot No.: Unvarnished area  
Exp. Date: 28 x 8mm

**Himalaya**  
SINCE 1930

## Organic SHATAVARI

Regulates & eases menstrual cycle\*  
Promotes hormonal balance\*

Herbal Supplement

60 CAPLETS



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SINCE 1930

**Organic SHATAVARI**  
Regulates & eases menstrual cycle\*  
Promotes hormonal balance\*



1 Month Supply

Herbal Supplement  
60 CAPLETS

## Supplement Facts

Serving Size: 2 Caplets  
Servings Per Container: 30

### Amount Per Serving

|                                                                                                                      |         |
|----------------------------------------------------------------------------------------------------------------------|---------|
| Organic shatavari extract (root)<br>( <i>Asparagus racemosus</i> )<br>(25% Saponins, 125 mg & 5% Shatavarins, 25 mg) | 500 mg* |
| Organic shatavari powder (stem)                                                                                      | 500 mg* |
| Organic shatavari powder (root)<br>(2% Saponins, 6 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-5050109

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