

**SUGGESTED USE:** As an herbal dietary supplement, for adults, take 1 teaspoon with warm water, up to 2 times per day, or as directed. Please consult your healthcare practitioner if you are pregnant, nursing, taking any medication or have a medical condition, or if you experience an allergic reaction.

\*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.

 Refrigerate after opening for maximum freshness

**GLUTEN FREE**  
**NON-GMO**

**MADE IN USA BY:**  
Pure Indian Foods  
P.O. BOX 296  
Princeton Jct., NJ 08550 USA  
pureindianfoods.com  
1-877-LUV-GHEE  
Certified Organic by NJDA  
Keep out of reach of children.



**HAND  
MADE**



**SINCE  
1889**



**SHATAVARI  
GHEE**

**ORGANIC · GRASSFED · AYURVEDIC**

**Supports Women's Health\***

**5.3 OZ (150G) DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size 1 tsp (5g)  
Serving per Container: about 30

Amount per Serving

**Calories** 45

% Daily Value\*

**Total Fat** 5 g 8%

Saturated Fat 3 g 15%

**Cholesterol** 8 mg 3%

**Organic Shatavari** (*Asparagus racemosus*) extract (1:4) in grassfed organic cultured ghee 5 g \*\*

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\* Daily value not established

Other ingredient: Water. Contains: Milk