

Pure and Clinically Proven Effective!

MenstriCare® is a clinically proven formula which helps maintain normal hormone levels during monthly cycles. It supports physical and emotional comfort, regulates mild mood changes and cramps associated with menstrual cycles. *

Recommendation: Take 2 capsules twice daily with meals.

MANUFACTURED BY:
THE HIMALAYA DRUG COMPANY
MAKALI, BANGALORE - 562 123
(INDIA) MFG. LIC. NO. AUS-83
Product of INDIA

*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.

Lot No.: Exp. Date:

Unvarnishead area

NO wheat, corn, soy, yeast,
and dairy. NO ingredients
of animal origin. Keep out
of direct sunlight and away
from children. Consult
healthcare practitioner if
pregnant or nursing.

DISTRIBUTED BY:
THE HIMALAYA DRUG COMPANY
1101 GILLINGHAM LANE
SUGAR LAND, TEXAS 77478
Questions? Please call
1-800-869-4640 or visit
www.himalayausa.com



Himalaya®
HERBAL HEALTHCARE

MenstriCare®

for Menstrual Comfort*



Support For Menstrual Discomforts*
HERBAL SUPPLEMENT • 60 Vegetarian Capsules

Additive Free • Gluten Free

Supplement Facts

Serving Size: Two capsules
Servings Per Container: 30

Amount Per Serving

Trikatu blend	16 mg*
pepper (fruit), long pepper (fruit), ginger (rhizome)	
Triphala blend	24 mg*
amla (fruit), belleric myrobalan (fruit rind), chebulic myrobalan (fruit rind)	
Dashamoola blend	28 mg*
bael tree (stem bark), Malay bush beech (stem bark), oroxylum (stem bark), <i>Clerodendrum phlomidis</i> (stem bark), fragrant padri tree (stem bark), sarivan (whole plant), <i>Uraria picta</i> Desv. (whole plant), <i>solanum anguivi</i> (whole plant), yellow-fruit nightshade (whole plant), tribulus (whole plant)	
Proprietary herbal blend	732 mg*
asoka tree (bark), lodh tree (bark), Indian tinospora (stem), black nightshade (whole), boerhavia (root), shatavari (root), aloe vera (leaf), cyperus (tuber), Malabar nut tree (leaf), bombax (exudate).	

*Daily Value not established.

Other Ingredients: Hydroxypropyl Methylcellulose (vegetarian capsule)