

Pure • Holistic • Effective

MenstriCare® is formulated to help maintain normal 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 - 562 162
(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:

Unvarnished area 30x4mm

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



MenstriCare®

for Menstrual Comfort*



Relieves Mild Cramping & Symptoms of PMS*
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), Clerodendrum phlomidis (stem bark), fragrant padri tree (stem bark), sarivan (whole plant), Uraria picta Desv. (whole plant), solanum anguivi (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: Vegetable Cellulose (Capsules)