



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

Ashwagandha translates to scent of a horse, alluding to the power and strength it bestows. It was considered chief among the *rasayana* or rejuvenative herbs now called adaptogens.*

Often referred to as Indian ginseng, Ashwagandha is noted for its ability to fortify adrenal function, energy and stress levels and is not a cardiac stimulant.*

Featured herb on front: Ashwagandha (aerial parts)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



No ingredients of animal origin

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 MORE THAN 85 YEARS

Lot No.:
Exp. Date:

Unvarnished area
28 x 8mm

Himalaya
SINCE 1930

NON-GMO

CERTIFIED USDA ORGANIC

GLUTEN FREE



Himalaya
SINCE 1930



ASHWAGANDHA

Releases stress & boosts energy*
Rejuvenates adrenal function*



Herbal Supplement

30 CAPLETS

Recommended Use: Adults take 1 caplet per day before food.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 30

Amount Per Serving

Organic ashwagandha powder (root)	380 mg*
(0.2% Withanolides, 0.76 mg)	
Organic ashwagandha extract (root)	280 mg*
(0.5% Withanolides, 1.4 mg)	
Organic ashwagandha supercritical	10 mg*
CO ₂ extract (root) (Withania somnifera) (8% Withanolides, 0.8 mg)	

*Daily Value not established

Other Ingredients: Plant based cellulose (capsule)

Manufactured by:
The Himalaya Drug Company
Makali, Bangalore 562 162 (INDIA)
Mfg. Lic. No. AUS-83

Distributed by:
The Himalaya Drug Company
1101 Gillingham Lane, Sugar Land, Texas 77478
Product of India

Questions? Please call 1-800-869-4640
or visit www.himalayausa.com

Certified Organic by Control Union Certifications Control Union 835047

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.

*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.