



Our cartons are made from 100% recycled fibers, including 45% post-consumer material. Our glass bottles contain at least 48% recycled content.

The ancient texts of Ayurveda spoke of this tree as one that could promote flexibility, support muscle relaxation and aid joint integrity to promote range of motion.*

The active ingredient, a crystallized resin, is produced from the expressed bark of the Indian Frankincense tree. It is sustainably harvested only once a year to keep from harming the tree which can otherwise live for many years, surviving drought and inclement weather.*

Featured herb on front: Boswellia (crystallized resin)

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

GLUTEN FREE



Himalaya
SINCE 1930



BOSWELLIA

Joint flexibility & range of motion*
Supports normal joint fluid function*



Herbal Supplement

60 VEGETARIAN CAPSULES

Recommended Use:

Adults take 2 capsules twice daily with food.

15 DAY SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving

Indian frankincense extract (oleo-gum-resin) (<i>Boswellia serrata</i>)	250 mg*
(60% Boswellic acids, 150 mg)	

*Daily Value not established

Other ingredients: Plant based Cellulose (Capsule), Microcrystalline Cellulose, Pregelatinised Starch.

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

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.