

Ayurveda had many names for Turmeric including "Gives delight to the heart," but today it is often called the ultimate superfood. Researchers have described this plant as a gift from nature supporting the joints, liver, immune system, heart, GI tract and more.*

Our Turmeric is grown in India to take full advantage of the historical relationship between the plant and its native soils.*

Featured herb on front: Turmeric (rhizome & aerial parts)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



No ingredients of animal origin

NON-GMO
GLUTEN FREE

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



Himalaya
SINCE 1930



TURMERIC 95™

With Curcumin
For Joint Support*



Herbal Supplement

30 VEGETARIAN CAPSULES

Recommended Use:
Adults take 1 capsule per day after food.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving

turmeric powder (rhizome)	350 mg*
turmeric extract (rhizome) (<i>Curcuma longa</i>) (95% Curcuminoids, 237.5 mg)	250 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

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.