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

Himalaya®

SINCE 1930

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

Lot No.:
Exp. Date:

Unvarnished area
28 x 8mm

Ayurvedic texts described the digestive system as a fire whose responsibility was to transform food into our own life-force. This reverence brought great focus to both the wellness of the digestive system and its potential to uphold health. This guidance is the basis for **GastriCare®** which includes the herbs Ayurveda holds in highest regard to enhance the transformative fire.

Ginger and the three fruits of Triphala prime the stomach and tone the intestines to take full advantage of food and assist in avoiding gas, bloating and occasional upset stomach.*

Featured herbs on front: Ginger (rhizome) & Triphala (Amla, Belleric myrobalan, Chebulic myrobalan dried fruits)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

No ingredients of animal origin

Himalaya®

SINCE 1930



GASTRICARE®

Relieves gas & bloating*
For occasional upset stomach*

INCLUDES
TRIPHALA
& GINGER



Herbal Supplement

60 VEGETARIAN CAPSULES

Recommended Use: Adults take 1 capsule before meals or whenever needed.

2 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend 250.4 mg*

vidanga (fruit), ginger (rhizome), Chinese mint (whole plant), pepper (fruit), vidanga (fruit), ginger (rhizome), lemon (fruit), palmate aconite (root), palmate aconite (root), papaya (fruit), Chinese mint (whole plant), lemon (fruit), papaya (fruit), pepper (fruit)

Triphala herbal blend 29.6 mg*

amla (fruit), chebulic myrobalan (fruit rind), belleric myrobalan (fruit rind), belleric myrobalan (fruit rind), amla (fruit), chebulic myrobalan (fruit rind)

*Daily Value not established

*extract

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.