



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

Himalaya
SINCE 1930

NON-GMO
CERTIFIED USDA ORGANIC
GLUTEN FREE



In the ancient texts of Ayurveda, Ginger was called vishwabesaj, the universal elixir capable of awakening the senses and supporting the vitality of the human body.*

Its warming nature is frequently used in curry recipes and juicing regimens, where it reinforces the digestive fires and supports antioxidant activity in the body.*

Modern researchers agree with the traditional use, finding that it may provide relief from occasional upset stomach or intermittent nausea due to travel.*

Featured herb on front: Ginger (rhizome)

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

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GINGER
For digestive comfort*
Historically used for occasional nausea*



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

2 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 60

Amount Per Serving

Organic ginger powder (whole plant)	557 mg*
Organic ginger extract (rhizome)	233 mg*
Organic ginger supercritical CO ₂ extract (rhizome) (Zingiber officinale) (20% Gingerols, 6 mg)	30 mg*

*Daily Value not established

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.

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

No ingredients of animal origin



Herbal Supplement
60 CAPLETS