



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

The ancient texts of Ayurveda, which first identified Gymnema, called it Gurmar, or Sugar Destroyer. This time-tested plant has been used for thousands of years to support digestion and normal kidney function.*

Research has shown Gymnema's unique plant chemistry supports the metabolism of refined carbohydrates in both the digestive system and the pancreas.*

Used as a part of a healthy diet, Gymnema supports blood sugar balance already within the normal range.*

Featured herb on front: Gymnema (aerial parts)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

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



GYMNEMA
Traditionally called Sugar Destroyer*
Reinforces pancreatic function*



Herbal Supplement
60 CAPLETS

Recommended Use:
Adults take 1 caplet twice daily before meals.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 60

Amount Per Serving

Organic gymnema powder (stem)	400 mg*
Organic gymnema extract (leaf) (Gymnema sylvestre) (25% Gymnemic acids, 75 mg)	300 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.



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