



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



Shatavari translates from its native language as she with a hundred children, but some joke it would be better translated as she who can tolerate a hundred children.

Either way, it is an adaptogen for female hormones ushering balance and peacefulness in a myriad of ways to promote menstrual cycle comfort.*

Featured herb on front: Shatavari (aerial parts)

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



SHATAVARI
Regulates & eases menstrual cycle*
Promotes hormonal balance*



Herbal Supplement
60 CAPLETS

Recommended Use: Adults take 2 caplets per day before food.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 2 Caplets
Servings Per Container: 30

Amount Per Serving

Organic shatavari extract (root) (<i>Asparagus racemosus</i>) (25% Saponins, 125 mg & 5% Shatavarins, 25 mg)	500 mg*
Organic shatavari powder (stem)	500 mg*
Organic shatavari powder (root) (2% Saponins, 6 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.

