



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
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

Himalaya
SINCE 1930



RESPICARE®
Seasonal health, year round*
Normal sinus & mucus production*



Herbal Supplement
120 VEGETARIAN CAPSULES

Recommended Use:
Adults take 2 capsules twice daily with meals.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend	570 mg*
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lebbek tree (bark), lebbek tree* (bark), horn-of-plenty (leaf), horn-of-plenty* (leaf), Malabar nut tree* (leaf), Malabar nut tree (leaf), licorice* (root), licorice (root), ginger (rhizome), wax tree* (gall), ginger* (rhizome), wax tree (gall)

*Daily Value not established *extract

Other Ingredients: Plant based cellulose (capsule)

Manufactured by:
The Himalaya Drug Company
Makli, 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.

Ayurveda describes a risk to wellness called the ritu sandhi, the junction between two seasons. The ancient texts detailed methods and specific foods, like Horn-of-Plenty and Ginger, to reinforce the intelligence of our immune system and better transition between the seasons.*

This insight is the basis for RespiCare®, which supports normal sinus function, breathability and mucus production.*

Featured herbs on front: Horn-of-Plenty (aerial parts),
Ginger (rhizome) & Licorice (root)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

No ingredients of animal origin