



Our capsules 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



Ayurveda describes the path through menopause as a transformative fire meant to release the energy of experience and wisdom. However, when hindered, the fire is contained in the body, leading to the commonly described symptoms of menopause.

The ancient texts described a path to balance by supporting the reproductive glands with Shatavari and the nervous system and adrenal glands with Asoka bark and Gotu kola leaves.

This path is the guidance for MenoCare®, which is formulated to reduce hot flashes and night sweats.*

Featured herbs on front: Shatavari (aerial parts), Gotu kola (leaves) & Chebulic myrobalan (dried fruit)

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

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

No ingredients of animal origin

Lot No.:
Exp. Date:

Unvarnished area
28 x 8mm

Himalaya
SINCE 1930



MENOCARE®

Reduces hot flashes & night sweats*
Multi-symptom menopausal relief*

INCLUDES
SHATAVARI



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 800 mg*

asoka tree (bark), heart-leaf sida (root), asoka tree* (bark), shatavari* (root), chebulic myrobalan* (fruit rind), heart-leaf sida* (root), licorice (root), licorice* (root), shatavari (root), gotu kola (whole plant), gotu kola* (whole plant), 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.