



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

Ayurveda teaches that with the correct approach, the menstrual cycle should be barely noticeable.

It proposes this is achieved beginning with Triphala and Trikatu to reinforce digestion and Shatavari to support emotional and hormonal balance.*

This age-old guidance is the basis for Menstricare®, which is formulated to reduce cramping, fatigue and discomfort related to the menstrual cycle.*

Featured herbs on front: Shatavari (aerial parts), Cyperus (aerial parts), Aloe vera (aerial parts) & Bombax (flower)

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
GLUTEN FREE



Himalaya
SINCE 1930



MENSTRICARE®

For pain associated with menstrual cycle*
Relieves cramping & symptoms of PMS*



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 extract* blend 628.8 mg*

ashoka tree (bark), ashoka tree* (bark), boerhaavia root, indian tropsora (stem bark), boerhaavia* (root), both tree (bark), black nightshade (whole plant), both tree* (bark), indian tropsora* (stem bark), black nightshade* (whole plant), shatavari* (root), cyperus (flower), aloe vera* (leaf), cyperus* (flower), Malabar nut tree* (leaf), aloe vera (leaf), bombax (flower), bombax* (flower), Malabar nut tree (leaf), shatavari (root).

Dashamoola herbal blend 89.6 mg*

basil tree (stem bark), Malay bush beech (stem bark), Cleodendrum phloridifolium (stem bark), salivari (whole plant), Urena pinnatifida (whole plant), Solanum angulatum (whole plant), yellow-bush nightshade (whole plant), Urena pinnatifida* (whole plant), Solanum angulatum* (whole plant), yellow-bush nightshade* (whole plant), tribulus* (whole plant), basil tree* (stem bark), Cleodendrum phloridifolium* (stem bark), osculatum* (stem bark), Malay bush beech* (stem bark), fragrant patch tree* (stem bark), tribulus (whole plant), osculatum (stem bark), fragrant patch tree (stem bark).

Trikatu herbal blend 49.6 mg*

pepper (fruit), long pepper (fruit), ginger (rhizome), pepper* (fruit), long pepper* (fruit), ginger* (rhizome).

Triphala herbal blend 32 mg*

amla (fruit), beleric (myristicifolium) (fruit rind), chebulic myristicifolium* (fruit rind), beleric myristicifolium* (fruit rind), amla (fruit), chebulic myristicifolium (fruit rind).

*Daily Value not established

Other Ingredients: Plant based cellulose (capsule)

Manufactured by: The Himalaya Drug Company
Mahai, 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.