Himalaya®
SINCE 1930

NON-GMO
GLUTEN FREE

HAPPINESS THROUGH WELLNESS

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

Ayurveda teaches the best defense for wellness starts with our thoughts and describes the plants and foods that support peace of mind. These learnings are the foundation for Himalaya's StressCare®.

The combined ingredients in this adaptogenic formula nurture the adrenal glands, which control the amount of cortisol (stress hormone) released into the body supporting energy, vitality and stress response.*

Featured herbs on front: Ashwagandha (aerial parts), Holy basil (aerial parts) & Gotu kola (leaf)

GLUTEN FREE • cGMP • VEGAN FRIENDLY

WHEAT CORN SOY DAIRY

No ingredients of animal origin

*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.

HUS-5033102

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

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STRESSCARE®

Upgrades energy while lowering stress*
Preserves adrenal function*

HAPPINESS THROUGH WELLNESS

INCLUDES ASHWAGANDHA & HOLY BASIL

NON GMO Project VERIFIED
nongmoproject.org

Herbal Supplement
240 VEGETARIAN CAPSULES

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

2 MONTH SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 120

Amount Per Serving

Proprietary herbal blend 444 mg*

chicory (seed), caper bush (root), yarrow (aerial parts), teri pod (root), caper bush[a] (root), chicory[a] (seed), black nightshade (whole plant), arjuna (bark), mace (aril), black nightshade[a] (whole plant), arjuna[a] (bark), ashwagandha (root), gotu kola (whole plant), coffee senna (seed), Malabar nut tree (leaf), tamarisk (whole plant), shatavari[a] (root), gotu kola[a] (whole plant), Malabar nut tree[a] (leaf), nutmeg (nut), long pepper (fruit), elephant vine (stem), ashwagandha[a] (root), coffee senna[a] (seed), yarrow[a] (aerial parts), tamarisk[a] (whole plant), licorice (root), shatavari (root), licorice[a] (root), shilajeet[a] (mineral pitch), eclipta (whole plant), shilajeet (mineral pitch), chebulic myrobalan[a] (fruit rind), curculigo (root), clove (flower bud), celastrus (fruit), cardamom (fruit), velvet bean (seed), curculigo[a] (root), teri pod[a] (root), velvet bean[a] (seed), nutmeg[a] (nut), long pepper[a] (fruit), mace[a] (aril), eclipta[a] (whole plant), elephant vine[a] (stem), turmeric (rhizome), ajowan (seed), saffron[a] (style & stigma), chebulic myrobalan (fruit rind), clove[a] (flower bud), cardamom[a] (fruit), ajowan[a] (seed), turmeric[a] (rhizome), celastrus[a] (fruit), saffron (style & stigma).

Chyavanprash concentrate 276 mg*

amla[a] (fruit), amla (fruit), cinnamon (bark), bael tree (stem), leptadenia (whole plant), Malay bush beech (stem), Clerodendrum phlomidis (stem), sarivan (whole plant), vetiver (root), blue wiss (whole plant), long pepper (fruit), Uraria picta (whole plant), holy basil (aerial parts), spiked ginger lily (rhizome), heart-leaf sida (whole plant), Indian tinospora (stem), air potato (tuber), Indian cassia (leaf), Solanum anguivi (whole plant), yellow-fruit nightshade (whole plant), boerhavia (whole plant), cardamom (fruit), three-lobe-leaf cowpea (whole plant), cyperus (tuber), mesua (flower), Phyllanthus amarus (whole plant), oroxylum (stem), tribulus (whole plant), ashwagandha (root), Pentatropis capensis (leaf), Indian elecampane (root), Indian kudzu (tuber), waterlily (flower), Malabar nut tree (aerial part), Indian kudzu[a] (tuber), heart-leaf sida[a] (whole plant), bael tree[a] (stem), Clerodendrum phlomidis[a] (stem), oroxylum[a] (stem), Malay bush beech[a] (stem), fragrant padri tree[a] (stem), sarivan[a] (whole plant), Uraria picta[a] (whole plant), three-lobe-leaf cowpea[a] (whole plant), blue wiss[a] (whole plant), long pepper[a] (fruit), tribulus[a] (whole plant), Solanum anguivi[a] (whole plant), yellow-fruit nightshade[a] (whole plant), Chinese pistachio[a] (gall), Phyllanthus amarus[a] (whole plant), grape[a] (dried fruit), leptadenia[a] (whole plant), Indian elecampane[a] (root), cinnamon[a] (bark), chebulic myrobalan[a] (pericarp), Indian tinospora[a] (stem), spiked ginger lily[a] (rhizome), cyperus[a] (tuber), boerhavia[a] (whole plant), shatavari[a] (root), cardamom[a] (fruit), vetiver[a] (root), waterlily[a] (flower), Malabar nut tree[a] (aerial part), ashwagandha[a] (root), Indian cassia[a] (leaf), mesua[a] (flower), air potato[a] (tuber), holy basil[a] (aerial parts), bamboo[a] (bamboo manna), Pentatropis capensis[a] (aerial parts), fragrant padri tree (stem), bamboo (bamboo manna), Chinese pistachio (gall), shatavari (root), chebulic myrobalan (pericarp), grape (dried fruit).

*Daily Value not established [a]extract

Other Ingredients: Plant based cellulose (capsule)

Manufactured by: The Himalaya Drug Company
Makali, Bangalore 562 162 (INDIA)
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Distributed by: The Himalaya Drug Company
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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.