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 holds that the heart is the center of consciousness, alluding to its physiological relationship to all aspects of emotion, including stress. It noted mental strain creates physical strain and at the intersection of both is the heart.

Ayurveda describes plants that can nourish and strengthen both emotional and physical centers to reduce strain on both mind and body.

HeartCare® includes Holy Basil and Arjuna, both considered rejuvenating adaptogens known to promote blood pressure levels already within normal range and bestow a peaceful mind.*

Featured herbs on front: Holy basil (aerial parts), Arjuna (bark) & Amla (dried fruit)

GLUTEN FREE • cGMP • VEGAN FRIENDLY

WHEAT CORN SOY DAIRY

No ingredients of animal origin

HUS-5034308

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

HEARTCARE®

Promotes cardiovascular wellness*
LDL & HDL support already within normal range*

INCLUDES
HOLY BASIL
& ARJUNA

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	**605.6 mg•**
Indian catnip (whole plant), arjuna° (bark) arjuna (bark), ashwagandha (root), Indian tinospora (stem), ashwagandha° (root), Indian catnip° (whole plant), boerhavia (root), guggul° (oleo-gum-resin), eclipta (whole plant), boerhavia° (root), Indian tinospora° (stem), amla° (fruit), chebulic myrobalan° (fruit rind), eclipta° (whole plant), licorice° (root), shatavari° (root), licorice (root), guggul (oleo-gum-resin), celastrus (fruit), cassia (bark), shatavari (root), long pepper (fruit), amla (fruit), gotu kola° (whole plant), holy basil (whole plant), gotu kola (whole plant), Convolvulus pluricaulis (whole plant), chebulic myrobalan (fruit rind), ginger (rhizome), shilajeet° (mineral pitch), celastrus° (fruit), vidanga (fruit), clove (flower bud), cardamom (fruit), ajowan (seed), cyperus (tuber), Convolvulus pluricaulis° (whole plant), holy basil° (whole plant), long pepper° (fruit), ajowan° (seed), ginger° (rhizome), saffron° (style & stigma), shilajeet (mineral pitch), cyperus° (tuber), vidanga° (fruit), clove° (flower bud), cardamom° (fruit), fennel° (seed), cabbage rose° (flower), cassia° (bark), fennel (seed), cabbage rose (flower), saffron (style & stigma).	
Dashamoola herbal blend	**114.4 mg•**
bael tree (stem bark), Malay bush beech (stem bark), Clerodendrum phlomidis (stem bark), sarivan (whole plant), Uraria picta (whole plant), Solanum anguivi (whole plant), yellow-fruit nightshade (whole plant), tribulus (whole plant), oroxylum (stem bark), sarivan° (whole plant), Uraria picta° (whole plant), Solanum anguivi° (whole plant), yellow-fruit nightshade° (whole plant), tribulus° (whole plant), bael tree° (stem bark), Clerodendrum phlomidis° (stem bark), oroxylum° (stem bark), Malay bush beech° (stem bark), fragrant padri tree° (stem bark), fragrant padri tree (stem bark).	

•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.