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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

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



NON-GMO
GLUTEN FREE



Himalaya
SINCE 1930



STRESSCARE®
Upgrades energy while lowering stress*
Preserves adrenal function*



Herbal Supplement

120 VEGETARIAN CAPSULES

INCLUDES
ASHWAGANDHA
& HOLY BASIL



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	444 mg
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[illegible]Chyavanprash concentrate 276 mg¹[illegible]

*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. AU-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.