6 05069 00601 9

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

Himalaya®
SINCE 1930

NON-GMO
GLUTEN FREE

HAPPINESS THROUGH WELLNESS

Ayurveda regards the mind as a gateway to wellness and developed many approaches to enhance its performance. This guidance is the foundation for MindCare®.

Gotu kola, Bacopa and Ashwagandha fit like puzzle pieces in this formula, each complementing the other to reduce mental fatigue, promote mental alertness, retention and recall.*

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

GLUTEN FREE • cGMP • VEGAN FRIENDLY

WHEAT CORN SOY DAIRY

No ingredients of animal origin

HUS-5033104

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

MINDCARE®

For mental sharpness & focus*
Supports memory & cognitive wellness*

INCLUDES
BACOPA,
GOTU KOLA &
ASHWAGANDHA

NON GMO Project VERIFIED
nongmoproject.org

HAPPINESS THROUGH WELLNESS

Herbal Supplement

60 VEGETARIAN CAPSULES

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

15 DAY SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving

Proprietary herbal blend	1.17 g*

bacopa (whole plant), jatamansi (rhizome), bacopa° (whole plant), gotu kola (whole plant), vidanga (fruit), gotu kola° (whole plant), ashwagandha (root), dwarf-morning glory (whole plant), Indian tinospora (stem), celastrus (fruit), dwarf-morning glory° (whole plant), ashwagandha° (root), Indian valerian (rhizome), almond (seed), jatamansi° (rhizome), Indian valerian° (rhizome), vidanga° (fruit), almond° (seed), oroxylum (bark), Indian tinospora° (stem), chebulic myrobalan° (fruit rind), amla° (fruit), oroxylum° (bark), celastrus° (fruit), finger-leaf-morning-glory (tuber), nutmeg (nut), cardamom (fruit), amla (fruit), ginger (rhizome), chebulic myrobalan (fruit rind), clove (flower bud), fennel (seed), curculigo (root), arjuna (bark), curculigo° (root), velvet bean° (seed), cardamom° (fruit), arjuna° (bark), fennel° (seed), finger-leaf-morning-glory° (tuber), velvet bean (seed), ginger° (rhizome), belleric myrobalan° (fruit rind), nutmeg° (nut), clove° (flower bud), belleric myrobalan (fruit rind)

*Daily Value not established

°extract

Other Ingredients: Plant based cellulose (capsule)
Contains: Almond

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.