

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Gotu Kola (*Centella asiatica*) is used in India similar to how the Chinese use Ginseng, for longevity and vitality.* Although its name is similar to cola nut, Gotu "Kola" does not contain caffeine.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Gotu Kola is carefully grown, tested and produced to superior quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM

Nature's Way

HERBAL

Gotu Kola

Herb



LONGEVITY & VITALITY*

100 Capsules / Certified 475 mg

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules daily, preferably with food. If pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%†
Sodium	5 mg	<1%
Gotu Kola (stem, leaf)	950 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium stearate

Actual Capsule Size

Nature's Select®

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