

# Brahmi/Gotu Kola POWDER

(*Centella asiatica*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1 lb • 454g



## Brahmi/Gotu Kola powder

Supports memory, intelligence, and concentration\*

Supports proper function of the nervous system\*

Promotes healthy skin and hair\*

Those familiar with “the doctrine of signatures” may not find it surprising that a plant with a leaf that resembles a cerebellum, would have a special affinity for the brain. Brahmi (*Centella asiatica*) is a renowned mental rejuvenative traditionally used to promote the intellect, enhance mental performance, and support proper function of the nervous system. The leaves are highly sattvic (pure, harmonious) and historically have been eaten by yogis to assist in meditation. Brahmi is said to improve concentration, memory, and alertness. It is a natural blood purifier and helps support clear, healthy skin. Brahmi is also famous for promoting healthy, lustrous hair and is often applied as an oil for this purpose.\*

**Suggested Use:** ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

\*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.



Sustainably Sourced

Fairly Traded

**Banyan Botanicals** was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.



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### Supplement Facts

Serv Size: ½ tsp Servings: 459

Amount Per Serving

Gotu Kola leaf  
(Brahmi), *Centella asiatica*\* ½ tsp\*\*

+Certified Organic

\*\*Daily Value Not Established

Lot No. XXXXXX

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