

Gotu Kola

100 capsules, Single herb, Stock No. 8005-3

Also known as Brahmi, Gotu kola has been used in India and China for thousands of years.

Gotu kola is one of the most popular herbs in Ayurvedic medicine and is used primarily as a nervous system tonic for the brain and to treat nerve disorders.

Gotu kola is often referred to as "brain food," because it enhances memory and energy.

Did you know?

Gotu kola has been cited in Indian sources for its ability to enhance intelligence and improve memory. The herb has been observed in clinical trials to increase the I.Q. and general mental ability and behavioural habits of mentally retarded children in India.²

NSP Advantage

100 capsules. Single herb.

Ingredients: 395 mg of the finest gotu kola (*Centella asiatica*) herb.

Gotu kola contains fibre, magnesium, niacin, riboflavin, silicon, thiamine, vitamin A, and zinc.

Recommendation: Take two capsules with a meal twice daily.

1. Rountree, Robert, M.D., Herbs for Health, July/August 1999, page 20.

2. Mowbrey, Daniel B., Ph.D., Herbal Tonic Therapies, Keats, 1993, page 53.

Features & Benefits

- Traditionally used to support mental acuity, rejuvenate the brain, sharpen thinking, and enhance memory.
- May encourage a restful mental state and promote relaxation. May help overcome fatigue.
- Improves the flow of blood throughout the body, including the brain.
- Reduces cellulite by strengthening defective connective tissues.¹