

Gotu Kola Herb, 100 Capsules

475 mg

SKU: 14000

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Gotu Kola is used in India similar to how the Chinese use Ginseng. Although its name is similar to cola nut, Gotu "Kola" does not contain caffeine.

Gotu Kola is widely used for vitality by individuals wanting to avoid caffeine as a part of their diet.

Dosage
Take 2 capsules three times daily, preferably with food.

Dosage Form



Supplement Facts

Serving Size 2 Capsules

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

Does not contain
Caffeine.

Other Sizes



- Gotu Kola Herb, 180 Capsules