Trust The Leaf™

Gotu Kola

Latin Name
Centella asiatica



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Description
Encapsulated Gotu Kola herb carefully screened to ensure potency, purity and quality.

Usage
Gotu Kola is a revitalizing herb with historical use similar to Ginseng. It is used in India the same way Ginseng is used in China. It is often used and touted as a longevity herb.*

Recommended Daily Dosage
Take two capsules two or three times daily.

The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Gotu Kola (stem, leaf)	870 mg	0%

Other Ingredients
Gelatin, Magnesium Stearate

Sizes & Suggested Retail Price
100 capsules - $8.49
180 capsules - $11.99

Where to BUY?

Synergistic Products
Ginkgold
Korean White Ginseng
Scullcap

Quality Issues
One of the top 10 single herbs.

Additional Information
While Gotu Kola is often touted as a longevity herb, there is no relation to the caffeine containing cola nut.

Usage Warnings

Overdose causes mild vertigo or dizziness.

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.