



Category 3
Single Herb
Tabs / Capsules



Gotu Kola

(Natural Tonic) 100 Caps #104700

Description: Gotu Kola: A traditional blood purifier, tonic and diuretic. It prevents or treats those who are heading for or recovering from a nervous breakdown. Vitalizes a tired and exhausted brain. Helps healing of wounds, ulcers, and connective tissue disorders. Alleviates pain and swelling of varicose veins, phlebitis, edema, and cellulite.

Contents / Ingredients

Gotu Kola should not be confused with the caffeine-containing kola nut, used in the original recipes for Coca-Cola. **Gotu Kola** is a creeping marsh plant and is a member of the parsley family. It grows in tropical areas, primarily in India and some parts of Africa. Asiaticoside, a primary component of Gotu Kola works like an antibiotic and has been shown to be effective against skin diseases in general and tuberculosis.

In the 1970's, Italian and other European researchers found evidence that **Gotu Kola** could significantly improve symptoms of **varicose veins**, particularly with overall

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 Capsules		Servings per Container 50
	Amount Per Serving	% Daily Value
Sodium	10 mg	<1%
Total Carbohydrates	540 mg	<1% (**)
Gotu Kola		
(Centella asiatica) (leaf)	900 mg	(*)

(*) Daily Value not established.
(**) Percent Daily Values are based on a 2,000 calorie diet.
Other ingredients: Stearic acid.
Contains no salt, yeast, sugar, corn, wheat, milk, or preservatives.

discomfort, tiredness, and swelling. **Gotu Kola** has also been suggested as a treatment for **hemorrhoids** because they are a type of varicose vein. It works as a blood purifier and in strengthening the heart, as well as improving the flow of blood through the body by strengthening the veins and capillaries and reduces the **pain and swelling due to phlebitis**, as well as leg cramps, swelling, heaviness and tingling in the legs. *This product is particularly useful for those people who are inactive or confined to bed and are bedridden.*

Gotu Kola appears to have a **beneficial effect on connective tissue** so it is beneficial for and helps alleviate the symptoms of connective tissue diseases such as Scleroderma. It is also useful in preventing the development of **keloid scars** following surgery, as well as softening existing keloids. Research has found that fresh leaves of the **Gotu Kola** plant are effective in healing chronic skin ulcers, sores, radiation ulcers, and many other open wounds.

Gotu Kola has been found popular as a nerve tonic to promote relaxation and enhance memory, stimulate learning and alertness by strengthening both the white and gray matter of the brain, but also it will **calm or sedate anxiety when necessary**. **Gotu Kola** is found in countless energy formulas and tonics. After a **nervous breakdown** it helps to feed the brain, **rebuilding energy reserves**, it has an **energizing effect on the cells of the brain**, relieves high blood pressure, **mental fatigue, senility**, and helps the body defend itself against various toxins. **Gotu Kola** is a natural remedy that can also be taken to help those heading for a nervous breakdown as well, as it helps strengthen and energize the brain, but also is very effective at naturally sedating those who are under great stress and anxiety. **Hence it combats stress, improves reflexes, and increases mental and physical power.**

SUGGESTED DOSAGE: Take as directed.

CAUTION: Not to be taken during pregnancy. Safety in young children and those with severe liver or kidney disease has not been established.