



## Gotu Kola TINCTURE

MEMORY  
Circulation tonic

NPN 80078815  
50 ml

### Each ml contains

Gotu Kola	fresh aerial part	<i>Centella asiatica</i>	1:2	480 mg	Organic
Alcohol 30% to 35%, certified organic					

### DOSAGE

**INTERVENTION:** 2 ml, 3 times per day, maximum 2 weeks.

**TREATMENT:** 2 ml, 1 or 2 times per day.

### DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

### MODE OF ACTION

The effect of gotu kola on cognitive functions and the nervous system is considerable. It is well known in Ayurvedic medicine as an important regenerator of the nervous system. It improves memory, mental acuity, information retention and helps children with learning difficulties.

As an adaptogen, gotu kola improves the functioning of the hypothalamus-pituitary-adrenal axis which is responsible for adaptation to stress. Its mild calming effect, due in part to its capacity to increase GABA levels, reduces the negative physiological impacts of stress. Gotu kola is a balancing tonic and increases energy while keeping the body calm. It is especially useful to calm mental agitation and incessant mental dialogue. It reduces anxiety and irritability.

The effect of gotu kola on the walls of the veins reduces venal distention and stimulates venal circulation. It is used for slow venal return in the lower limbs (heaviness, swelling), varicose veins and hemorrhoids.

*Centella asiatica* promotes healing of the skin. Its stimulating effect on the synthesis of collagen and the production of fibroblasts improves circulation in the skin and subcutaneous tissue following an injury or surgery. It is used internally and externally for many chronic inflammatory troubles of the skin such as eczema, psoriasis and atopic dermatitis.

In Ayurvedic medicine, it tones Pitta. Gotu kola regulates cholesterol levels and blood pressure and is helpful for difficult digestion. Its antioxidant properties protect against aging. It increases vitality and longevity, is anti-inflammatory and antitumoral.

The main constituents of gotu kola are alkaloids (hydrocotyline), bitter principles (vellarine), polyphenols, saponins (braminoside, brahmoside), flavonoids (quercetin, kaempferol), terpenoids (asiaticoside, centelloside, madecassoside, brahminoside) fatty acids, amino acids, phytosterols, tannins et resins.

### HELPFUL ASSOCIATIONS

**NETTLE** infusion for fatigue.

**ASHWAGANDHA** tincture for fatigue due to stress accompanied by agitation and anxiety.

**PURITEA** infusion or capsules for eczema.

**HERBAL SALVE** for eczema.

**CARDIOTOP** for circulatory troubles.

### ETHNOBOTANY

**Nervous system:** fatigue, stress, memory loss, difficulty concentrating, learning difficulties, anxiety, irritability.

**Circulatory system:** varicose veins, hemorrhoids, venal failure.

**Integumentary system:** eczema, atopic dermatitis, psoriasis, wound healing and scars, scleroderma.

**Other:** peptic ulcer, mouth sores, troubles of aging, rheumatisms, liver troubles.

### HISTORY

Gotu kola has been used for thousands of years by the populations of India, China and Indonesia. It is one of the major herbs of the Ayurvedic pharmacopeia. It was traditionally used to heal wounds, revitalise the nervous system and to improve memory and concentration. It was also used to help meditate. After observing that elephants ate great quantities of gotu kola, Sri Lankans attributed the longevity and legendary memory of elephants to their consumption of gotu kola. Since then, it has become a specific herb for longevity and mental clarity.

### CONTRA-INDICATIONS

Consult a health-care practitioner before using if pregnant or breastfeeding, if symptoms persist or worsen or if you have liver problems. Discontinue use if liver symptoms occur such as yellowing of the skin and eyes, dark urine, nausea, vomiting, unusual fatigue, weakness or abdominal pain. Do not use if allergic to herbs of the carrot family (*Apiaceae*).

### INTERACTIONS

Consult a health-care practitioner if you use medication for diabetes or cholesterol. Do not take with alcoholic beverages or any drug or natural health product that has a sedative effect.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

