



CONCERNED ABOUT YOUR MEMORY AND COGNITION?



COMBAT MENTAL STRESS, FATIGUE AND AGING IMPROVE MEMORY, COGNITION AND INTELLECT

Gotu Kola is also an adaptogen, which helps the body cope better with stress and improve adrenal function. It reduces anxiety and can help with fatigue and depression. Due to its tonic properties, Gotu Kola can be useful for a faster recovery during convalescence. Considered “the herb of enlightenment,” it promotes mental calm and clarity and is often used in the practice of yoga and meditation.



MEDICINAL INGREDIENTS. Each capsule contains:

Gotu Kola (*Centella asiatica*) 100 mg

NON MEDICINAL INGREDIENTS:

Microcrystalline cellulose, vegetable stearate, hypromellose (capsule shell).

RECOMMENDED DOSE:

Adults take 2 capsules 3 times per day.

Does not Contain: Dairy, egg, gluten, soy, wheat, corn, yeast, nuts, artificial sweeteners, preservatives, colors or flavors.

CAUTIONS:

For prolonged use, consult a health care practitioner. If you are pregnant or breastfeeding, do not use this product. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care practitioner. If you are taking prescription medications, consult a health care practitioner prior to use. Sealed for your protection. Keep sealed, store in a cool, dry place at 15–25°C. **Keep out of reach of children.**

DID YOU KNOW?

Gotu Kola can speed wound healing? Saponins and other organic compounds found in Gotu Kola stimulate the healing process at the site of wounds. By stimulating blood flow to the cells and protecting against infections, it can rapidly speed the healing process.



PROVITA - A STORY OF LOVE AND HEALING -

Our founder, Dr. Lucian Delcea, started Provita out of necessity. His wife was ill. And when drugs failed her, he began his search for an alternative. Before Provita launched in 2005, he sifted through countless hours of research; counseling with some of the top European naturopaths to produce more progressive support for the body's functions. Dr. Delcea came to understand the body's healing process; how it could naturally overcome disease. All it needed were triggers to properly recognize and absorb nutrients for self repair. Provita is not just a natural health line - it's an understanding of the body's own mechanisms. Dr. Delcea's now healthy wife is testament to that.

COMPLEMENTARY PRODUCTS

Ashwagandha, Ginkgo Gold, Nervine, NADH+

**FEEL THE PROVITA DIFFERENCE!
FIND US AT SELECT NATURAL HEALTH STORES**

DELIVERED BY



Manufactured and
Assembled in
Canada from
premium quality

FUNDING PROVIDED BY

