

# GOTU KOLA

Gotu kola leaf (*Centella asiatica*) is a medicinal herb used in Ayurveda, the traditional medicine of India, and Traditional Chinese Medicine. It's best known for its benefits to the brain, blood flow, vein health, and skin health. Gotu Kola supports skin regeneration and wound healing by supporting collagen breakdown and production in the body.

Gotu Kola's effect on the brain is likely due to its impact on neurons, which supports growth in the dendrites.

## Benefits:

Gotu Kola leaf contains saponins (triterpenoids), including asiaticosides, brahmosides, brahminosides, and others. These are responsible for their health-promoting effects. Gotu Kola leaf may:

- Increase blood flow
- Improve blood vessel health

- Support cognitive function
- Lower inflammation
- Support the nervous system
- Improve skin appearance
- Support a balanced immune response
- Support detoxification
- Promote emotional balance
- Support healthy aging

Gotu Kola also includes a bitter component, vallerine, making it one of the bitter herbs used for digestive and other beneficial effects.

Manufactured in the USA.



## SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
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### Calories 5

Gotu Kola ( <i>Centella asiatica</i> ) 1:2 Extract from 1.25 g Organic Leaf	2.5mL	**
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\*\*Daily Value Not Established.

Other Ingredients: Deionized water, Pure Alcohol (45-55% by volume)

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.



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