

Gotu Kola (Item #3013)

Skin Beautifier – Circulatory Enhancer

Gotu Kola is known as a longevity herb and is used widely in India as part of their traditional Ayurveda form of medicine. This red flowered plant grows naturally in swampy areas of India, Pakistan, Sri Lanka, Madagascar, South Africa, Australia, China and the southern United States. Its roots and leaves are used for medicinal purposes and provide important health benefits related to healthy veins and blood vessels, to treat skin disorders, help with better memory and improve brain function.

Dosage: Take 1 vegi-capsule, 3 times daily or as directed by a qualified health professional

Ingredients Explained

Gotu Kola – Gotu Kola contains triterpenes (saponins) such as: asiaticoside, madecassoside and madasiatic acid, which enhance the formulation of collagen in bones, cartilage and connective tissue. These substances work to promote healthy blood vessels by strengthening their walls and improving blood flow. Gotu Kola encourages production of chemical messengers called neurotransmitters to help with brain function.

Gotu Kola does not contain any caffeine (it is sometimes confused with kola nut, which contains high caffeine content) and it provides increased energy and vitality. The reason for this might be because it assists with increasing the blood sugar level, which in turn would prevent hypoglycemia, mental fatigue, depression, confusion as well as schizophrenic tendencies - or it could be because of the high concentration of thiamine (vitamin B1), riboflavin (vitamin B2) and pyridoxine (vitamin B6) which assist to convert carbohydrates into glucose as well as normal nervous system functioning.

Some of the possible benefits from taking Gotu Kola include:

- Increases mental acuity and boosts memory
- Builds connective tissue
- Promotes healthy blood vessels by strengthening veins and capillaries to improve circulation
- Works as nerve tonic to promote relaxation
- Reduces pain and swelling due to phlebitis (inflammation of a vein usually in the legs)
- Helpful for varicose veins
- Promotes healing after childbirth
- Relieves congestion due to colds and upper respiratory infections
- Helps reduce fevers
- Acts as a mild diuretic (increases the rate of urine production)

Additionally, its beneficial effects on the venous system is of great help to people suffering from diverse problems such as varicose veins, gastric ulcers, phlebitis, hemorrhoids, etc. In this action the centella helps in strengthening the capillaries and veins and in so doing assists with better blood circulation.

Ordering Information

Gotu Kola (*Item #3013*) is priced at only: \$8.00 for 100 Vegi-Capsules
Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.