

NatureCare

Dabur

NatureCare

असरदार, मुलायम

ईसबगोल



कब्ज  
से राहत



Nature Care contains finely processed Isabgol husk, which absorbs more water for a greater effect with a smaller dose. Isabgol helps to relieve constipation and promotes a healthy digestive system. Nature Care is not habit forming.

**Ingredients: Each 100g contains powder of the following:**

Isabgol (Plantago ovata, Sd. Husk) 49g

Amla (Emblica officinalis, P.) 1.0g

Permitted Excipients: Q.S.

Preservatives: Sodium Methyl Paraben I.P.

Sodium Propyl Paraben I.P.

**Dosage & Directions**

1 to 2 teaspoonful (5-10g) at bedtime for adults and children above 12 years or as directed by the physician.

- Use a dry spoon to measure Nature Care into a clean tumbler.
- Fill up with approx 200ml of water. Stir briskly.
- Drink at once. Follow up with a full glass of water.

**Replace lid tightly.**

Store in a cool, dry place.  
Keep away from children.

**DABUR CARES: CALL OR WRITE**

8/3, ASAF ALI ROAD, NEW DELHI-110002

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🌐 Website: [dabur.com](http://dabur.com)

☎ TOLL FREE 1800-103-1644

Dabur

NatureCare

Effective, Smooth

Isabgol



RELIEF FROM  
Constipation



NatureCare

**Ayurvedic Medicine**

**M.L.H.P.67 – AY**

Net Quantity: **375g**

MRP Rs:

(incl. of all taxes)

Batch

Mfd:

Exp.

₹ 375

(₹ 1.00/g)

BD1651

06/2023

05/2025

Manufactured in India by:

**DABUR INDIA LIMITED**

109, Industrial Area, Baddi,

Distt. Solan, (H.P.) – 173 205

Regd. Office & Consumer Cell:

8/3, Asaf Ali Road,

New Delhi -110002

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