

Call us toll free at: **1-800-925-1371**



RUVED Inc.
a subsidiary of Ayush Herbs Inc.
Redmond, WA
Toll Free: **1-800-925-1371**
www.ruved.net

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This product is not intended to diagnose, treat, cure or prevent any disease or condition.



Ashwagandha
Stress & Cognitive Support



Nutritional support for:

- Energy
- Stress
- Vitality
- A busy lifestyle
- Students and career driven individuals

Ashwagandha (*Withania somnifera*), commonly known as “Indian ginseng” is used as an adaptogen in Ayurvedic medicine. Adaptogenic herbs tone while revitalizing bodily functions and help the body resist physiological as well as psychological stress. Ashwagandha offers excellent nutritional support for overworked students, parents and career driven individuals. The Sanskrit name Ashwagandha suggests that one who ingests it can attain the “strength and vitality of a horse.” Whether you are a workaholic in the home, field, or office, Ashwagandha is always there to help.



Suggested Use:
1 Capsule three times daily
or as directed by you physician.
For more information on these herbs
and research, please visit our website at
www.ruved.net



Ashwagandha
Stress & Cognitive Support

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Extracts of:	Amount per Capsule	% DV
Ashwagandha (<i>Withania somnifera</i>)	500mg	*
Withanolides	15 mg	*

*Percent daily values are based on a 2000 calorie diet
†Daily value not established

Other ingredients: Vegetarian Capsule (Cellulose and Chlorophyll), Free from Milk, Soy, Egg and Wheat.