

Swanson®
**SUPERIOR
HERBS**

Ashwagandha Extract

Standardized
Herbal Supplement



60 capsules • 450 mg

- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule one to three times per day with water.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Ashwagandha Extract (Withania somnifera) (roots)	450 mg*
[standardized for minimum 1.5% total withanolides (6.75 mg)]	

*Daily Value not established.

Other ingredients: Gum arabic, gelatin,
magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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