

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



Ashwagandha Extract

(*Withania somnifera*) is standardized to **2.5%**

withanolides. It has been traditionally used for its adaptogenic benefits.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Ashwagandha extract is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.



PREMIUM

**Nature's
Way**

EXTRACT

Ashwagandha

Standardized



vegetarian
VCAPS®

VITALITY TONIC

60 Vcaps® / **2.5% Withanolides**

Recommendation: Take 1 capsule two to three times daily with food or water.

Caution: Not recommended for use by pregnant or lactating women. If you are using a sedative medication, consult a healthcare professional before using this product.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving	% Daily Value	
Total Carbohydrate	1 g	<1%†
Ashwagandha extract (root), 2.5% withanolides	500 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Plant-derived capsule, Rice powder, Magnesium stearate

Vcaps® is a trademark of Capsugel.

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