

swanson.com

or call 1-800-437-4148

- Supports a healthy, natural response to daily stress
- An adaptogen that supports nervous system health

Science-Backed Quality Since 1969

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

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Ashwagandha Extract

Stress Support

450 mg

HERBAL SUPPLEMENT | **60 CAPSULES**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Ashwagandha Extract 450 mg*
(Withania somnifera)
(roots) [standardized
to minimum 2.5% total
withanolides (11.25 mg)]

*Daily Value not established.

Other ingredients: Gum arabic,
gelatin, magnesium stearate.

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