

SUGGESTED USE:

Take 30-40 drops of extract in a small amount of warm water 3 times daily between meals. SHAKE WELL BEFORE USING. NOT TO BE USED DURING PREGNANCY OR LACTATION. KEEP AWAY FROM CHILDREN. USE ONLY AS DIRECTED ON LABEL. SAFETY SEALED FOR YOUR PROTECTION. DO NOT USE IF SAFETY SEAL AROUND CAP IS BROKEN OR MISSING.

ASHWAGANDHA ROOT

Withania somnifera

500 MG/ML
HERB EQUIVALENCY



NET: 1 FLUID OZ/30 ML

Supplement Facts

Serving Size 30 Drops

Servings Per Container 30

EXTRACT

ASHWAGANDHA ROOT
(*Withania somnifera*), GRAIN
ALCOHOL USP (50-60%),
SPRING WATER.

MINIMUM HERB STRENGTH RATIO: 1:2

†Daily Value not established.

ECOLOGICALLY WILDCRAFTED

Lot #

Best by:



www.gaiaherbs.com

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