



AYURVEDIC HERBS

ORGANIC

# Ashwagandha powder

*(Withania somnifera)*



**Suggested use:**  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

Dietary Supplement

## Supplement Facts

Serving Size:  $\frac{1}{2}$  tsp

Amount Per Serving

|                                                                    |                     |
|--------------------------------------------------------------------|---------------------|
| Ashwagandha root powder ( <i>Withania somnifera</i> ) <sup>+</sup> | $\frac{1}{2}$ tsp** |
|--------------------------------------------------------------------|---------------------|

<sup>+</sup> Certified Organic

\*\*Daily Value Not Established

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