

USAGE: Take 1 capsule 1 to 2 times per day with water, or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

KSM-66® Ashwagandha is an extract obtained from roots.

Ashwagandha (*Withania somnifera*) has been used in the Indian tradition of Ayurveda to improve musculoskeletal function and as a tonic to improve overall health.* Experimental studies demonstrate that Ashwagandha is an adaptogen that supports resistance to physical, biological, and chemical stresses and supports endurance, muscle recovery and cognitive health. KSM-66® is a registered trademark of Ixoreal Biomed Inc.

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS®

Ashwagandha

Withania somnifera

Supports Resistance
to Fatigue*

300 **120** **DIETARY**
MILLIGRAMS **VEGGIE CAPS** **SUPPLEMENT**



www.nsfnon GMO.org

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

	Amount Per Serving	% DV
KSM-66® Ashwagandha (Root Extract) (<i>Withania somnifera</i>)	300 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

NOTE: Color varies due to nature of material.

KSM-66®
ashwagandha

Distributed Exclusively by:
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Lot #. Best Used Before:

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