

plnt<sup>®</sup>  
Pure living, naturally true<sup>®</sup>

Liquid

# Ashwagandha

*Withania Somnifera*

- Supports Energy<sup>°</sup>
- Supports Vitality<sup>°</sup>
- Stress Management<sup>°</sup>

Net Wt. 2 fl. oz. (59 mL)  
Liquid Dietary Supplement



Gluten Free

Dairy Free

Soy Free

Nut Free



## Supplement Facts

Serving Size 1 mL (approx. 30 drops)

Servings Per Container 59

|  | Amount<br>Per Serving | % Daily<br>Value |
|--|-----------------------|------------------|
| Organic Ashwagandha<br>( <i>Withania somnifera</i> )(root) | 500 mg                | *                |

\* Daily Value not established.

**Other ingredients:** Deionized water, organic grain alcohol (45-55% by volume).

**Does not contain:** Gluten, Sugar, Salt, Artificial Flavors or Colors.

THIS IS A NATURAL PRODUCT.  
COLOR MAY VARY.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

**DIRECTIONS:** Take one (1) mL up to three (3) times daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Distributed by: Vitamin Shoppe, Inc.  
Secaucus, NJ 07094

Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
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