

BANYAN
BOTANICALS

Ashwagandha POWDER

(*Withania somnifera*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
1 lb • 454g



Ashwagandha powder

Increases energy and vitality*

General adaptogen for combating stress*

Assists in calming the mind and promotes
restful sleep*

Supports proper function of the adrenals*

Ashwagandha (*Withania somnifera*) is one of the most highly regarded and commonly used adaptogens in the Ayurvedic pharmacopoeia. Maximizing the body's ability to resist stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, restful sleep at night. It is considered one of the best herbs for calming vata and for revitalizing the male reproductive system. Used by both men and women, it maintains proper nourishment of the tissues, particularly muscle and bone, while supporting proper function of the adrenals.*

Suggested Use: ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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.

Supplement Facts

Serv Size: ½ tsp Servings: 186

	Amount Per Serving
Ashwagandha root <i>Withania somnifera</i> *	½ tsp**

+Certified Organic

**Daily Value Not Established

Lot No. 417076-188

Banyan Botanicals
Albuquerque, NM 87113 USA
banyanbotanicals.com | 1-800-953-6424
Certified Organic by New Mexico
Department of Agriculture



6 18192 06082 7

Rev. 01