

plnt[®]
Pure living, naturally true[®]

Ashwagandha

Withania somnifera

- An adaptogenic herb that helps the body manage stress[®]
- Made with natural, non-GMO Indian ashwagandha



90 Vegetable Capsules | Dietary Supplement



Supplement Facts

Serving Size 1 Vegetable Capsule

	Amount Per Serving	% Daily Value
Organic Ashwagandha (<i>Withania somnifera</i>)(root)	380 mg	*
Ashwagandha Extract (<i>Withania somnifera</i>)(root) std to Withanolides (1.4 mg)	95 mg	*

* Daily Value not established.

Other ingredient: Vegetable Cellulose.

Does not contain: Gluten, Sugar, Salt, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

ⓘ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS: Take one (1) vegetable capsule up to three (3) times daily without food preferably early in the day.

WARNING: Not for use in pregnancy except under the supervision of a qualified healthcare practitioner. Consult your healthcare provider prior to use if you are nursing, taking any medications or have any medical condition (e.g., diabetes).

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

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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