

**SUGGESTED USE:** Take 1 capsule daily with or without food or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, or artificial colors.

**Ashwagandha Extract Meets or Exceeds cGMP Standards.**

ASH-60-CAPS REV. 072618



P H Y S I C I A N F O R M U L A T E D



Seeking Health®

# Ashwagandha Extract

Dietary Supplement

60 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Ashwagandha Extract ( <i>Withania somnifera</i> )(root)(5% withanolides)	420 mg	*

\* Daily Value Not Established.

**Other Ingredients:** Vegetarian capsule (hypromellose and water) and ascorbyl palmitate.

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