

REDUCES STRESS*

The usage of Ashwagandha dates back over 3,000 years. It is a traditional ayurvedic herbal that is native to India, the Middle East, and Africa. Ashwagandha is traditionally used as an adaptogen and helps reduce stress.*

◆ LG15387.B01 BLK8171B



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



PREMIUM EXTRACT

ASHWAGANDHA

REDUCES STRESS*



60 VEGAN CAPSULES | 500MG per Serving
DIETARY SUPPLEMENT

Recommendation: Take 1 capsule, two to three times daily, preferably with food or water.

Warning: Do not use if you are pregnant. If you are nursing, diabetic, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
Ashwagandha Root Extract standardized to 3.5% withanolides (17.5 mg)	500 mg**

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate, silica

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No salt, yeast-derived ingredients, wheat, corn, soy, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE /
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BOTTLES MADE
FROM 97%
POST-CONSUMER
RECYCLED PLASTIC

