Suggested Use: As a dietary supplement, adults take two (2) capsules daily preferably with a meal, or as recommended by your healthcare professional. Caution: Pregnant or nursing mothers, children

under the age of 18, and individuals with a known medical condition should consult a healthcare professional before using this or any other dietary supplement.

## ASHWAGANDHA BENEFITS:----Commonly known as Indian Ginseng, it is a powerful berb that has been used for hundreds of years due to its restorative properties. It is a natural

source of energy & vitality, \* Being a powerful adaptogen. Ashwagandha allows the body to successfully adapt to physical and mental stress that plaques our busy lifestyles.\* Warning: Keep out of reach of children. Do not

use if safety seal is damaged or missing. Store at room temperature.

"These statements have not been evaluated by the Food & Druz Administration. This product is not intended to diagnose, treat, cure. or prevent any disease.

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## ORGANIC **ASHWAGANDHA** with Black Pepper Extract

Natural Stress Relief\* Maximum Absorption\* Supports Positive Mood\*

## Supplement Facts Serving Size: 2 Veggie Capsules

Servings Per Container: 60

\*\* %Daily Value not established

(Piper nigrum)

Organic Ashwagandha Root Powder 1300ma (Withania somnifera

Other Ingredients: Vegetable Cellulose Capsule ZERO binders, ZERO fillers, ZERO additives. Does not Contain: Gluten, Soy, Dairy, Eggs, Nuts Shellfish, Preservatives or Animal Products.





