

## SUGGESTED USE:

One capsule two times a day with food  
or as recommended by a professional.

**Warning:** If pregnant, consult your physician  
before using this or any other product.

**Keep Away From Reach Of Children**  
**DO NOT USE IF SEAL IS BROKEN.**

This statement has not been evaluated by the FDA.  
This product is not intended to treat, cure or diagnose  
any health problems.

Distributed by Ayush Herbs, Inc.  
[www.ayush.com](http://www.ayush.com)  
Redmond, WA 98052



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## Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 60

Amount Per Serving	%DV
Extract of Black Asphaltum (Shilajeet)	250 mg *

\* Daily value not established

AYUSH GUARANTEES that no  
other ingredients WERE added than  
listed on this label.