



AYURVEDIC HERBS

Ashwagandha

Rejuvenative for Vata and Kapha that
Promotes Vitality and Strength*



90 Tablets
Dietary Supplement

Certified Organic

SUGGESTED USE: Take 1–2 tablets, once or twice daily, or as directed by your health practitioner.

Supplement Facts

Serving Size: 2 tablets	Amount Per Serving
Servings Per Container: 45	
Ashwagandha root, <i>Withania somnifera</i>+	1000mg**

**Daily Value not established

Other ingredients, from natural sources: organic gum acacia,
organic rice flour.

+Certified Organic

Store in a cool, dry place. Do not use if seal is broken or missing.
Free of gluten, soy, and dairy. 100% vegetarian.

Ashwagandha supports healthy adrenal function and assists the body in combating stress. It promotes energy and vitality throughout the day while calming the mind and promoting sound, restful sleep at night.*

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product. Keep out of the reach of children.

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



Distributed by
Banyan Botanicals
Albuquerque, NM 87113

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New Mexico Department
of Agriculture



X000H949IT

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Rev. 08