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We prepare our Ashwagandha Extract from 8 dry whole root of *Withania somnifera* plants which are **Certified Organically Grown**. To assure optimal extraction of Ashwagandha's bioactive compounds, the root is hand-harvested only in the autumn, is carefully shade-dried to retain its full color and aroma, and is then thoroughly extracted.

LIQUID HERBAL EXTRACT

ASHWAGANDHA

Withania somnifera
Whole Root



HERBAL SUPPLEMENT

4 fluid ounces (118.4 ml)

Ashwagandha Liquid Extract

Ingredients: certified organic grain alcohol (62-72%), distilled water & Ashwagandha extractives.

Dry herb / menstruum ratio: 1 : 4

SUGGESTED USE

SHAKE WELL BEFORE USING

Two or three times per day
take 30 to 40 drops in a little water.

Caution: Consult a qualified midwife or physician before taking during pregnancy.

Keep Out of the Reach of Children

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800-348-4372 • www.herb-pharm.com

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