

**SUGGESTED USE:** Adults, as a dietary supplement, take two (2) capsules daily with a meal.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

# DR. MERCOLA®

# ASHWAGANDHA



**Dietary Supplement**

**180 Capsules**

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 90

|                                                                     | Amount Per Serving | %DV |
|---------------------------------------------------------------------|--------------------|-----|
| Organic Ashwagandha<br>( <i>Withania somnifera</i> )<br>Root Powder | 800 mg             | *   |

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Organic Rice Hull Concentrate, Capsule (Hydroxypropyl Methylcellulose).

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696

Ashwagandha is a shrub with bell-shaped flowers and orange-red berries. The roots are traditionally used in Ayurveda.

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