

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.

10223-v200



DR. MERCOLA®

ASHWAGANDHA



Dietary Supplement

60 Capsules

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Organic Ashwagandha (<i>Withania somnifera</i>) 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.