

1,000 mg per daily serving

- + with clinically-supported KSM-66®
- + helps reduce stress*
- + helps maintain normal cortisol levels*
- + enhanced with ginger extract

Ashwagandha (Indian Ginseng) is nature's antidote to modern stress.* This time-tested botanical improves the body's response to physical and mental stressors, while boosting overall well-being.*

Youtheory® Ashwagandha combines whole root powder and concentrated root extracts to capture the full range of phytonutrients that are naturally-occurring in Ashwagandha. This formula is powered by KSM-66® – the most clinically-supported Ashwagandha on the market.



ashwagandha

daily adaptogen formula | 1,000 mg†

supports a healthy stress response*

150 vegetarian capsules dietary supplement

1,000 mg per daily serving

1,000 mg per daily serving

Suggested Use: (Adults) Take two (2) capsules daily with water.†

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 75

	Amount Per Serving	% Daily Value
Full Spectrum Ashwagandha Blend	1,000 mg	**
Organic Ashwagandha (root) extract (KSM-66®)	(600 mg)	
Organic Ashwagandha (root) powder	(400 mg)	
Ginger (root) extract (Ginger)	20 mg	**
**Daily Value not established		

Other Ingredients: Vegetarian capsule (hypromellose), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

This product is manufactured in a facility that processes fish extracts.



KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed, Inc.



Ginger is a trademark of OmniActive Health Technologies Ltd.

1,000 mg per daily serving

Usage Warnings: Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

†1,000 mg Ashwagandha per daily serving.

*The recommended dosage is two capsules per day. But for more personalized results, start with one capsule per day and slowly ramp up (adding an additional capsule per day as needed) until you feel the effects are right for you. Use daily for optimal results.

manufactured by:
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youtheory | made for all of you™

*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.

