

Pictured on this label is
The Holy Mountain Arunachala in South India.

*"Even the most learned scholar cannot
estimate the Divine Power of Arunachala!"*

Sri Ramana Maharshi

Ashwagandha is a natural source of energy & vitality. Being a powerful adaptogen, **Ashwagandha** allows the body to successfully adapt to stress, including mental, physical, emotional & environmental. **Ashwagandha** builds stamina (well-noted for male sexual endurance) & supports adrenal health. **Ashwagandha** soothes the nervous system & supports restful sleep.*

Suggested Use: 1-2 capsules with food and water 2 times a day, or as directed by your health care practitioner.

Safe for Vegans and Vegetarians • Gluten Free

Do Not Use if Pregnant or Nursing without Consulting a Physician.

*This statement has not been evaluated by the FDA; This product is not intended to diagnose, treat, cure, or prevent any disease.



Ashwagandha

RELIEVES STRESS & BUILDS VITALITY

MADE WITH **Certified Organic Herbs**

HERBAL DIETARY SUPPLEMENT 90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

Amount Per Serving

[‡]Organic Ashwagandha root (*Withania somnifera*) 400mg*

*Daily Value not established

Other Ingredients: Vegetable cellulose (capsule)

[‡]Herbs Certified Organic
by Control Union



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