

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

Ashwagandha Extract, KSM-66® (<i>Withania somnifera</i>) (root) Standardized to contain 5% Withanolides, 30 mg	600 mg**
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Saffron Extract, affron® (<i>Crocus sativus</i>) (stigma)	28 mg**
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**Daily Value not established

Other Ingredients: Plant Cellulose, Organic Rice Extract Blend, Silica, Organic Rice Hulls, Sunflower Oil. Contains milk.

FREE OF: Gluten, Wheat, Soy, Yeast, Sugar, Artificial Flavor and Sweetener.

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
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ASHWAGANDHA & SAFFRON: DEEPLY ROOTED IN TRADITIONAL AYURVEDIC CUSTOMS

Ayurveda, a holistic system with historical roots in Indian Culture for over 5,000 years, has today been accepted as an alternative form of self-care. Ayurvedic practices have been traditionally integrated into daily routines to help promote general health and wellness.

Ashwagandha is one of Ayurveda's most important Rasayana herbs. Because of its well-known benefits, it was also later described as an Adaptogen that helps your body adapt to stress and restore its natural balance.* It has been clinically studied for its beneficial effects on general well-being.*

Saffron, a potent spice, has also long been used in Ayurveda for its mood-stimulating properties and has been clinically studied for supporting emotional well-being and a positive outlook.†

Solgar® Stress & Anxiety Relief combines the powerful clinically-studied ingredients KSM-66® Ashwagandha and affron® Saffron to bring you stress relief that is grounded in Traditional Ayurvedic practice.*

†Based on one double blind placebo controlled study in adults.

*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.

KSM-66 Ashwagandha® is a registered trademark of Isoreal Biomed Inc.
affron® is a trademark owned by Pharmedica Biotech Products, SL



ASHWAGANDHA AND SAFFRON

Stress & Anxiety Relief

Clinically Studied Ingredients to
Help Relieve Occasional Stress & Anxiety*

Support A Healthy Cortisol Response*
& Help Maintain a Positive Mood*



NON-GMO • GLUTEN & WHEAT FREE
SUITABLE FOR LACTO-VEGETARIANS

30 TABLETS

DIETARY SUPPLEMENT

Stress... it's a part of everyday life. No matter the cause, there's a good chance you've experienced some of its symptoms at some point including occasional anxiety, fatigue, and more. Maybe the worst part about stress is the way that it makes an impact on your daily life. It's hard to focus on your family, your job and, for that matter, just about anything else when you're struggling with the symptoms of occasional stress.

Wouldn't it be great if there was a way to provide herbal-based stress relief in your life? Now, there is with Solgar® Stress & Anxiety Relief—a combination of two plant-based ingredients KSM-66® Ashwagandha and affron® Saffron that have been clinically studied to help your body better manage the disruptive symptoms of occasional emotional stress.*

• KSM-66® Ashwagandha, the most clinically studied form of this adaptogenic botanical has shown to help relieve occasional stress and anxiety and supports a healthy cortisol response.*

• affron® Saffron has been clinically studied to help maintain a positive mood and support emotional well-being.†

Solgar® Stress & Anxiety Relief – just one tablet, once a day can make a real difference in the way you feel day after day.*

