



Ashwagandha

Ashwagandha (*Withania Somnifera*) is also called Indian Ginseng. Ashwagandha root powder has been a central part of Ayurveda medicine for thousands of years. The species name *somnifera* mean 'sleep inducing' in Latin. Ashwagandha naturally restores imbalances and restore health.*

Ashwagandha root helps to support.

- Sharpen mental processes and ability*
- Healthy back and joints*
- Healthy sleeping patterns*
- Healthy Immune system*
- Restore energy level and vitality*
- Increases memory and learning power*

www.organicauranaturals.com

Tested & Packed in USA for :
Organic Aura International
An Organic Ayurveda Company



Keep out of the reach of children
Do not use if safety seal is broken or missing
Keep in cool, dry place.

Produce of Organic Agriculture from India
Certified Organic by NOP, MOSA



Organic Aura

100% *Certified Organic*

ASHWAGANDHA ROOT POWDER

Stress, Brain & Immune Support



100% *Natural*

16 Oz - 1 Lb
Herbal Dietary Supplement
All Natural

*Raw Organic Whole Food
Actual Ashwagandha Root*

Supplement Facts

Serving Size: 1 tea spoon (4gm-0.14oz)
Servings Per Container: 114

Amount Per Serving	%Daily Value
Organic Ashwagandha Root powder	*
(<i>Withania Somnifera</i>)	

*Daily Value not established



No soy, yeast, corn,
sugar, starch, egg,
milk, preservatives,
artificial colors or
flavors & sodium free.

Ingredients:

Organic Ashwagandha root powder (*Withania Somnifera*)

Suggested Use:

As a dietary supplement, mix 1 teaspoon of Ashwagandha Root powder with salad, juice, smoothie or water.

Caution:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 years of age and individuals with known medical conditions should consult a healthcare practitioner before using any dietary supplement.

Other Ingredients :

None

Batch No : see below
Best Before :

*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.

