Withania Somnifera, commonly known as Ashwagandha is a natural adaptogen. It is supplemented primarily for its ability to prevent anxiety. This high quality ingredient provides a holistic approach for rejuvenating mind and heart.

- ✓ Promotes Immune Vitality
- ✓ Support Against Anxiety & Stress
- ✓ Supports Resistance to Fatigue

† These statements have not been evaluated by FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE.
DO NOT USE IF SEAL UNDER THE CAP IS BROKEN OR MISSING.

Best Before Two Years From Date of Manufacturing

Batch No : ARK-C12
Mfg. Date: Dec. 2016

CAUTION : If you are pregnant, breast feeding, or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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HerbaDiet

100% NATURAL

ASHWAGANDHA EXTRACT

NATURAL ADAPTOGEN & ANTI-OXIDANT

Ayurvedic Proprietary Medicine

VEGAN VEGAN VEGAN VEGAN VEGAN
60 V CAPS

DIRECTIONS FOR USE: Take one capsule twice a day, or as directed by your physician

SUPPLEMENT FACTS

Serving Size: 1 capsule — Serving per container : 60

Amount Per Serving

Ashwagandha Root Extract *(Withania Somnifera)* *(Standardised to contain min. 20% Withanolides)*	500 mg

FREE OF FILLERS, BINDERS, ARTIFICIAL INGREDIENTS, DAIRY, SOY, WHEAT, GLUTEN, YEAST

Suitable For Vegetarians And Vegans
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

DISTRIBUTED BY:
Arkure Health Care
11, Sector - 14
Rohtak-124001, Haryana, India

www.herbadiet.in