

**Suggested Usage:** Take 1 capsule 2 to 3 times daily.

Ashwagandha (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional herbal system in India. Ashwagandha is used as a general tonic and "adaptogen," helping the body adapt to temporary, normal stress.\* In addition, preliminary data suggest that ashwagandha supports a healthy immune system.\*

\*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.

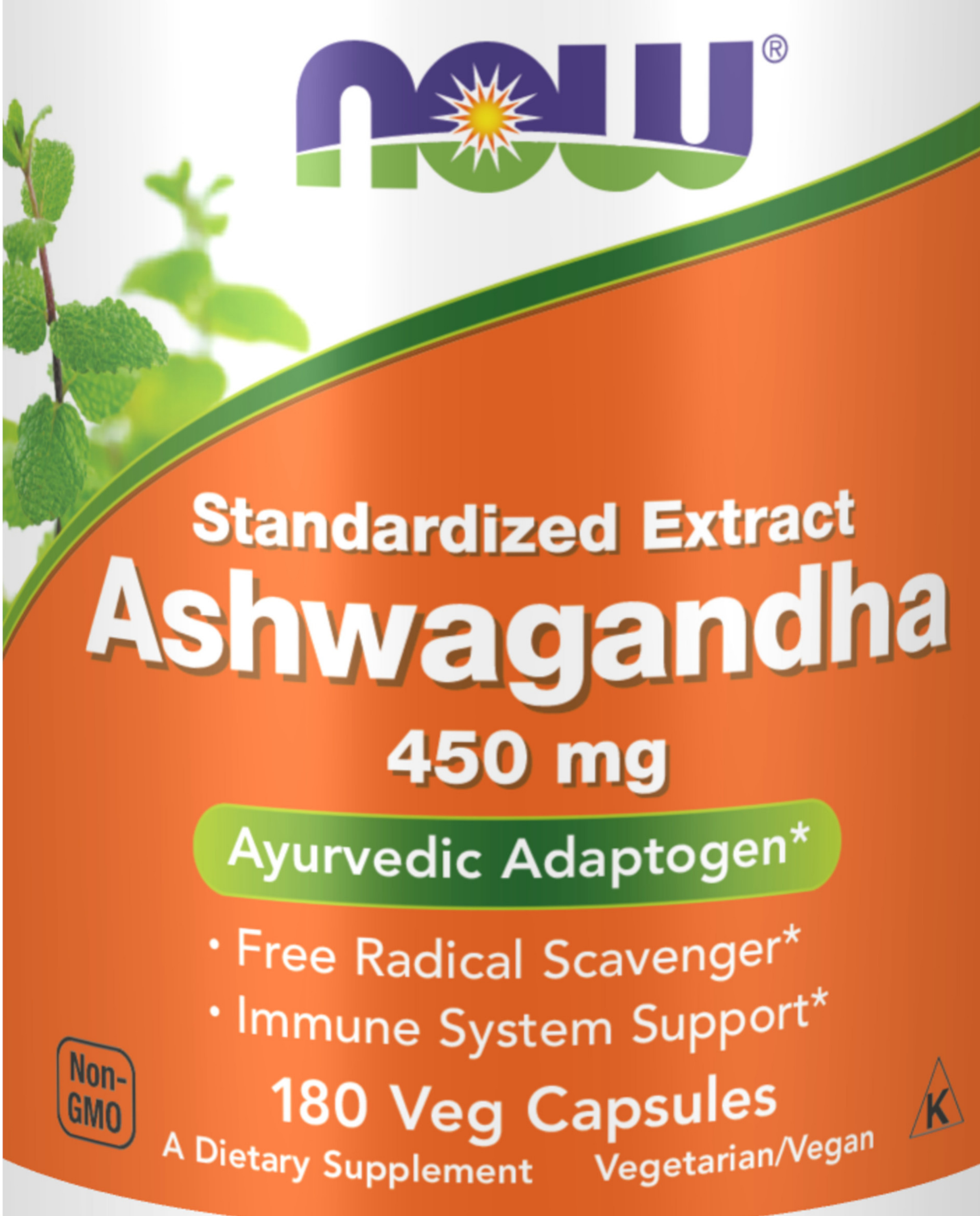
**Caution:** For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (especially thyroid hormones) or have a medical condition (especially thyroid and gastrointestinal conditions, including ulcers).

This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, discontinue use. Keep out of reach of children.

CODE 4593B V3



CAPSULE SIZE



**Botanicals/Herbs**

*Family owned since 1968.*

**Supplement Facts**

Serving Size 1 Veg Capsule

**Amount Per Serving**

|                                        |          |
|----------------------------------------|----------|
| Ashwagandha Extract                    | 450 mg** |
| ( <i>Withania somnifera</i> ) (Root)   |          |
| (min. 2.5% Total Withanolides - 11 mg) |          |

\*\* Daily Value not established.

Other ingredients: Rice Flour, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Manufactured & Quality Tested by NOW FOODS  
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Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

Store in a cool, dry place after opening.

