

PRODUCT INFORMATION:

One capsule typically provides:

%NRV*

Vitamin C	50mg	63
Pantothenic acid (vitamin B5)	20mg	333
KSM-66® Ashwagandha root extract	400mg	
Rhodiola root extract standardised to 1% salidosides	88mg	
Holy basil extract 10:1	50mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Ashwagandha (*withania somnifera*) root extract, capsule: hydroxypropyl methylcellulose, rhodiola (*rhodiola rosea*) root extract, ascorbic acid (vitamin C), holy basil (*ocimum sanctum L.*) leaf extract, calcium d-pantothenate (vitamin B5), anti-caking agent: tricalcium phosphate, anti-caking agent: magnesium stearate.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, starch, sugar, wheat, yeast.

STORAGE: Store in a cool, dry place out of reach of children.

HIGHER NATURE®

MIND HEALTH

ASHWAGANDHA & RHODIOLA COMPLEX

With KSM-66®
ashwagandha root extract

One month's supply
30 capsules
vegetarian and vegan



ASHWAGANDHA & RHODIOLA COMPLEX FOOD SUPPLEMENT - 30 CAPSULES

- ✓ KSM-66® ashwagandha for full spectrum complex of active ingredients
- ✓ Unique blend harnessing rhodiola and holy basil with added vitamins C and B5 to support the reduction of tiredness and fatigue - perfect for modern life
- ✓ Comprehensive formula for full support through challenging times

DIRECTIONS: Adults and children 16 and over take 1 capsule daily. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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This product has not been tested on animals.