

Dietary Supplement

amazing INDIA® Ashwagandha is made from the roots of the *Withania somnifera* plant. Ashwagandha is a herb that may help reduce anxiety or stress, increase vitality and control fatigue.* It may help improve both physical and mental performance.* Ashwagandha is also known as Indian Ginseng and may help rejuvenate the nervous system.* As an adaptogen, Ashwagandha has a positive effect on a healthy immune system.*



* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.



Manufactured for & Distributed by:
amazing INDIA®
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amazing INDIA®

Ashwagandha Extract

Adaptogenic Herb



Promotes Healthy Immunity*
Supports Stress Management*
Promotes Vitality*

500 MG 120 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule
Serving Per Container 120

Amount Per Serving	% Daily Value
Ashwagandha Extract (<i>Withania somnifera</i>) (roots/leaves)	500 mg **

** Daily Value not established

Other Ingredients: Vegetable Cellulose (Capsule), Magnesium Stearate, Silicon Dioxide and Microcrystalline Cellulose.

Suggested Use: As a dietary supplement, adults take one (1) veggie capsule twice daily, preferably after meals or as directed by a health care professional. For best results it should be taken with warm water.

Caution: Do not exceed recommended dose. If you are pregnant, nursing, under the age of 18, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE AWAY FROM DIRECT SUNLIGHT. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

Free Of: Preservatives, Artificial Color, Flavor or Sweetener, Sugar, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.