

HERBAL SECRETS™ Ashwagandha is made from the roots of the *Withania somnifera* plant. Ashwagandha is a herb that is known to reduce anxiety and stress levels, increase vitality & control fatigue.* It supports both physical and mental performance.* Ashwagandha is also known as Indian Ginseng may help rejuvenate the nervous system.* As an adaptogen, Ashwagandha may help in having a positive effect in supporting healthy immune system functions.*

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.

CAUTION: Do not exceed recommended dose. Pregnant or nursing women, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

* 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.



NATURAL DIETARY SUPPLEMENT

Ashwagandha

Made With Organic Ashwagandha Root



- Promotes Mental Clarity*
- Helps to Reduce Anxiety & Stress*
- Supports Musculoskeletal System*



120 VEGGIE CAPSULES

500MG

Supplement Facts

Serving Size 1 Veggie Capsule
Serving Per Container 120

	Amount Per Serving	% DV*
Organic Ashwagandha Root Powder (<i>Withania somnifera</i>)	500 mg	**

** % Daily Value (% DV) not established.

OTHER INGREDIENTS: HPMC Capsule.

CONTAINS NO: Artificial Preservatives, Colors, Flavors or Sweeteners, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.



Manufactured for & Distributed by:
HERBAL SECRETS™
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