

SUGGESTED USE: 1 capsule daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

STORE IN A COOL, DRY PLACE.

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.



Distributed by:
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Ayurvedic HERBS

Total Mind & Body Support

**All-in-1 Formula
with 17 Active Ingredients**

Dietary Supplement

**30
CAPSULES**

Supplement Facts

Serving Size 1 Vegetable Capsule
Servings Per Container: 30

Amount Per Serving

Ashwagandha Root (2.5% extract)	125 mg
Turmeric Root (95% extract)	150 mg
Cinnamon Bark Powder (<i>Cinnamomum wilsonii</i>)	75 mg
Holy Basil Leaf (2% extract)	50 mg
Garlic Bulb (1% extract)	25 mg
Trikatu Powder (consisting of black pepper fruit powder, long pepper fruit powder, and ginger root powder)	50 mg
Triphala Powder (consisting of amla fruit powder, bibhitaki fruit powder [<i>Terminali bellirica</i>], and haritaki fruit powder [<i>Terminali chebula</i>])	25 mg
Amla Fruit Powder	25 mg
Sandalwood Wood Powder (<i>Pterocarpus soyauxii</i>)	25 mg
Cloves Bud Powder	25 mg
Celery Seed Powder	25 mg
Licorice Root Powder	75 mg
Brahmi Leaves (20% extract) (<i>Bacopa monnieri</i>)	25 mg
Shilajit	25 mg
Cordyceps (mycelium)	25 mg
Lavender Powder (whole plant)	25 mg
Peppermint Leaf Powder	25 mg

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, vegetable magnesium stearate, and silicon dioxide.