

SUGGESTED USAGE: Take 1 capsule 2 to 3 times daily, or as directed by your healthcare practitioner.

HOW IT WORKS: Ashwagandha (*Withania somnifera*) is an herb used extensively in traditional Indian Ayurveda. Ashwagandha's historic use as a general tonic is primarily due to its adaptogenic properties, which help the body adapt to temporary physical and emotional stress.* Modern scientific data suggest that ashwagandha may also support healthy immune system function.*

CAUTIONS/INTERACTIONS: For adults only. Not recommended for pregnant/nursing women. Consult your healthcare practitioner if taking medication or have a medical condition (especially 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
P4603
V1



PROTOCOL
FOR LIFE BALANCE®

Ashwagandha Extract 450 mg

- Ayurvedic Adaptogen*
- Immune System Support*



90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

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: Hypromellose (cellulose capsule).
Rice Flour and Magnesium Stearate (vegetable source).

Formulated & Distributed by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

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.

*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 color variation may occur in this product.