

USAGE: Take 1 capsule 2 times per day with water, or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

KSM-66® Ashwagandha is a full-spectrum extract obtained from the root of the Ashwagandha (*Withania somnifera*) plant and has been used in the Indian tradition of Ayurveda to support overall health.* Experimental studies demonstrate that Ashwagandha is an adaptogen that supports resistance to physical and mental stress and supports endurance, muscle recovery and cognitive health.*

**Keep out of the reach of children.
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.**

KSM-66® is a registered trademark of Ixoreal Biomed Inc.

Lot #. Best Used Before:



Withania somnifera
ASHWAGANDHA



120 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Ashwagandha Extract (<i>Withania somnifera</i>) (Root)	300 mg †

† Daily Value (DV) not established.

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

NOTE: Color varies due to nature of material.

KSM-66®
ashwagandha



www.nsfnon GMO.org



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APPROX. FILL LINE