

swanson.com

or call 1-800-437-4148

- Promotes a feeling of calmness and relaxation
- Supports a healthy, natural response to daily stress

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules one to two times per day with water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. 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.



SWANSON[®]

Full Spectrum[®]
Ashwagandha

Stress Support

450 mg per capsule

HERBAL SUPPLEMENT | **100 CAPSULES**

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per Serving

Ashwagandha Root and 900 mg*
aerial parts (*Withania somnifera*)

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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