

swanson.com

or call 1-800-437-4148

- Supports a healthy, natural response to daily stress
- An adaptogen that supports nervous system health

Science-Backed Quality Since 1969

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

WARNING: For adults only. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before using this or any product if you are 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[®]

Ashwagandha Extract

Stress Support

450 mg per capsule

HERBAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Ashwagandha Extract 450 mg*
(*Withania somnifera*)
(roots) [standardized
to minimum 2.5% total
withanolides (11.25 mg)]

*Daily Value not established.

Other ingredients: Gelatin, dextrin,
magnesium stearate, rice bran.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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