



Stressveda™

with KSM-66® Ashwagandha + plant-sourced B-complex

*Helps increase resistance to stress**

*Helps increase energy in case of mental and physical fatigue related to stress**

Provides a good source of vitamin D and antioxidants vitamin A, C, and E

Vegan + Gluten-free

Dietary Supplement

30 vegetarian capsules

To better prepare for physical and mental stress, turn to plants.*

Stressveda™ combines ashwagandha, one of the most highly treasured adaptogens in Ayurveda, with plant-sourced vitamins. The resulting combination helps increase resistance to stress and helps increase energy in the case of mental and physical fatigue related to stress.*

- Provides a good source of vitamin D and antioxidants vitamin A, C, and E.
- Includes vitamins derived from our proprietary blend of fruits and vegetables.
- Easy dosing: just 1 capsule per day helps increase the body's resistance to stress.*

***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.**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (from proprietary blend)	200 mcg RAE	22%
Vitamin C (as ascorbic acid from proprietary blend)	20 mg	22%
Vitamin D (as ergocalciferol from proprietary blend)	4 mcg (177 IU)	22%
Vitamin E (as d-alpha-tocopherol from proprietary blend)	3 mg	22%
Vitamin K (as phyloquinone [K1] from proprietary blend)	26 mcg	22%
Thiamin (from proprietary blend)	0.3 mg	25%
Riboflavin (from proprietary blend)	0.3 mg	23%
Niacin (from proprietary blend)	3 mg	22%
Vitamin B6 (as pyridoxine from proprietary blend)	0.4 mg	23%
Folate (from proprietary blend)	88 mcg DFE	22%
Biotin (from proprietary blend)	6 mcg	22%
Pantothenic acid (from proprietary blend)	1 mg	22%
KSM-66® Ashwagandha root extract (<i>Withania somnifera</i>) (5% Withanolides)	600 mg	†
Proprietary blend	100 mg	†
Spinach (leaf), Broccoli (flower), Carrot (root), Sweet Potato (root), Orange (fruit), Apple (fruit), Strawberry (fruit), Sunflower (seed), Shiitake Mushroom (aerial parts), Maitake Mushroom (aerial parts)		

† Daily Value not established.

OTHER INGREDIENTS: Hydroxypropyl methylcellulose, microcrystalline cellulose, and magnesium stearate.

SUGGESTED USE: Adults: Take 1 capsule daily.

CAUTION: Consult a health care practitioner prior to use if you are 1) pregnant or breastfeeding 2) have an autoimmune disorder. 3) suffer from any psychological disorder or condition such as frequent anxiety or depression. Consumption with alcohol, other drugs or dietary supplements with sedative properties is not recommended.



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**KSM-66
Ashwagandha®**

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