

Ashwagandha (Withania somnifera) is a herb that is extensively used in Ayurveda, the traditional health care system in India. Ashwagandha is used as a general tonic and powerful adaptogen, helping the body adapt to physiological and psychological stress.† Certain research publications indicate that Ashwagandha may help support the following:

- Supports stress-resistance and relaxation.†
- Supports mental clarity, concentration & energy.†
- Supports healthy aging.†

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.

Do not use if safety seal is Broken or missing.

Keep in 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.



MADE IN USA



Ashwagandha (Withania Somnifera)

Premium Formula

500 mg

3rd Party Lab Tested

120 Vegetarian Capsules **DIETARY SUPPLEMENT**



Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 120

	Amount Per Serving	%DV*
Ashwagandha Root Extract (Withania somnifera)	500 mg	**

*%Daily Value ** Daily Value not established.

Other Ingredients: Capsule (vegetable cellulose), Silicon Dioxide, Magnesium Stearate (vegetable source).

SUGGESTED USE: As a dietary supplement, take 1 capsule 2 to 3 times daily with water, or as directed by your qualified health care professional.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Manufactured for Best Naturals,
PO Box 394, Kenilworth NJ 07033 USA

www.shopbestnaturals.com

For additional information call 1-877-659-6004

Lot#

Exp#

