

# PLANETARY<sup>®</sup> HERBALS

## FULL SPECTRUM™ ASHWAGANDHA REJUVENATING TONIFIER\*

570 MG • 120 TABLETS

HERBAL SUPPLEMENT

Approved by  
Michael Tierra L.Ac, O.M.D.

*Michael Tierra*

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium (as dibasic calcium phosphate)	56 mg	4%
Ashwagandha Root	500 mg	†
Ashwagandha Root Extract	70 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, silica, and modified cellulose gum.

**Suggested Use:** 1 tablet twice daily with meals.

**WARNING:** Do not use if you are pregnant, may become pregnant, breastfeeding, or taking any form of sedative.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Ashwagandha is one of the world's most powerful adaptogens, used traditionally in Ayurvedic herbalism to help the body adapt to physiological and psychological stress. Planetary Herbals **FULL SPECTRUM™ ASHWAGANDHA** combines whole root powder with root extract to capture all the plant's valuable compounds. The result is a botanical that relaxes the mind, rejuvenates the body, and increases resistance to stress.\*

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.

Manufactured for:  
© PLANETARY HERBALS, LLC  
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