



helps
reduce
stress*



with clinically
supported
KSM-66®



helps maintain
healthy
cortisol levels*



boosts mental
& physical
performance*

Ashwagandha (Indian Ginseng) is nature's antidote to modern stress.* This time-tested adaptogenic botanical greatly improves the body's response to physical and mental stressors, while boosting stamina, endurance, cognitive health and overall well-being.*



ashwagandha

helps reduce stress* | with KSM-66®

60 vegetarian capsules

dietary supplement



Suggested Use: (Adults) Take two (2) capsules per day with water.†

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Full Spectrum Ashwagandha Blend	1,000 mg	**
Organic Ashwagandha (root) extract (KSM-66®)	(600 mg)	
Organic Ashwagandha (root) powder	(400 mg)	
Ginger (root) extract (Ginger)	20 mg	**
**Daily Value not established		

Other Ingredients: Vegetarian capsule (hypromellose), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

This product is manufactured in a facility that processes fish extracts.

 **KSM-66 Ashwagandha®** is a registered trademark of Ixoreal Biomed, Inc.

 **Ginger** is a trademark of OmniActive Health Technologies Ltd.

Usage Warnings: Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

†The recommended dosage is two capsules per day. But for more personalized results, start with one capsule per day and increase the dose (adding an additional capsule per day as needed) until you feel the effects are right for you. Use daily for optimal results.

manufactured by:
 **nutrawise®**

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*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.

