

PLANETARY[®]

AYURVEDICS

FULL SPECTRUM[™]

ASHWAGANDHA

REJUVENATING TONIFIER*

570 MG • 60 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	56 mg	4%
(as dibasic calcium phosphate)		
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 Ayurvedics **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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