

DIRECTIONS

AS A DIETARY SUPPLEMENT TAKE TWO (2) CAPSULES ONCE A DAY. FOR BEST RESULTS TAKE 20-30 MIN BEFORE A MEAL WITH AN 8OZ. GLASS OF WATER OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

CAUTION: DO NOT EXCEED RECOMMENDED DOSE. PREGNANT OR NURSING MOTHERS, CHILDREN UNDER THE AGE OF 18, AND INDIVIDUALS WITH A KNOWN MEDICAL CONDITION SHOULD CONSULT A PHYSICIAN BEFORE USING THIS OR ANY DIETARY SUPPLEMENT.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

FDA
REGISTERED
FACILITY



* 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.

LOT # AND EXPIRATION DATE
PRINTED ON BOTTOM OF BOTTLE.

V3R0

CUSTOM™
HEALTH CENTERS



ASHWAGANDHA

HELPS RELAXATION & CALMING*

DIETARY SUPPLEMENT

GLUTEN FREE • DAIRY FREE



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Organic Ashwagandha <i>(Withania somnifera)</i> (root)	1300mg	**
Organic Black Pepper <i>(Piper nigrum)</i> (fruit)	10mg	**

** Daily Value (DV) not established

Other Ingredients: Pullulan Capsules.



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