

ASHWAGANDHA

Withania somnifera

Calming Adaptogen/
Balances Stress*

2 fl. oz. (60 mL)
HERBAL SUPPLEMENT

HERBALIST
H&A
ALCHEMIST

Suggested use: 30-50 drops
(1.5-2.5 mL) in juice or water.
Take 3 times per day. Shake
well before using.

Supplement Facts

Serving size 50 drops (2.5 mL)
Servings per container 24

Amount Per Serving

Dried Ashwagandha root ♦
extract 2.5 mL†

† Daily value not established.

Other ingredients: Distilled water,
ethyl alcohol ♦.

Botanical Preparation Ratio 1:4
♦ Certified Organic

Contraindications: Do not use
during pregnancy unless
otherwise directed by a qualified
expert. Avoid use if you have
hyperthyroidism or Grave's disease.

KEEP OUT OF CHILDREN'S REACH

*This statement has not been
evaluated by the FDA. This product
is not intended to diagnose, treat,
cure or prevent any disease.

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