

REDUCES STRESS*

The usage of Ashwagandha dates back over 3,000 years. It is a traditional ayurvedic herbal that is native to India, the Middle East, and Africa. Ashwagandha is traditionally used as an adaptogen and helps reduce stress.*

◆ LG15387.C01 BLK8171C



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



❖ PREMIUM EXTRACT ❖

ASHWAGANDHA

REDUCES STRESS*



60 VEGAN CAPSULES | 500 MG per Serving
DIETARY SUPPLEMENT

Recommendation: Take 1 capsule, two to three times daily, preferably with food or water.

Warning: Do not use if you are pregnant. If you are nursing, diabetic, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
Ashwagandha Root Extract	500 mg**
standardized to 3.5% withanolides (17.5 mg)	

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate, calcium silicate, silica

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, corn, soy, dairy, or artificial colors, flavors, or preservatives.

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