

**Ashwagandha SAP™** is traditionally used in Ayurveda for memory enhancement; to balance aggravated Vata (nervine tonic, sedative); as a sleep aid; as Rasayana (rejuvenative tonic); and to relieve general debility, especially during convalescence or old age.\* **Ashwagandha SAP™** helps increase resistance to stress.\* Athletic support or workout/exercise supplement.\* **Ashwagandha SAP™** helps promote healthy testosterone production in males, and support physical aspects of sexual health in women.\*

All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

**Directions for use: Adults:** Take 1 capsule daily or as directed by your healthcare practitioner.

**Contains no:** Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

**Cautions and warnings:** Consult a healthcare practitioner prior to use if you are pregnant or breast-feeding; if you have benign prostate hypertrophy and/or prostate cancer; if you have been diagnosed with hypoactive sexual disorder, or sexual or erectile dysfunction; or if you suffer from any psychological disorder and/or condition such as anxiety or depression.

**Known adverse reactions:** Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended.

**This product is non-GMO and vegan friendly.** Do not use if seal is broken. Keep out of reach of children. Color, size and smell may vary from one lot to another.

\* 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.



## Ashwagandha SAP

Stress Support\*

DIETARY SUPPLEMENT

nfh.ca

60 CAPSULES

## Supplement Facts

Serving Size: 1 Capsule

Servings: 60

	Amount Per Serving	% Daily Value
Ashwagandha ( <i>Withania somnifera</i> ) root extract (5% withanolides)	500 mg	**

\*\* Daily Value not established.

**Other ingredients :** Vegetable magnesium stearate and silicon dioxide in a vegetable capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA BY  
NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.  
351, RUE JOSEPH-CARRIER, VAUDREUIL, QC J7V 5V5 - 1 866 510-3123

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