

Suggested Use: Take 1 capsule daily with 8 to 12 oz of water.

The Ultimate Adaptogenic Herb

Ashwagandha is classified as an adaptogen, which are herbs that enhance the body's ability to adapt to all forms of stress (physical, emotional, mental) and enhance resilience. It is shown to:

- Increases Testosterone*
- Improves Cognitive Function*
- Reduces Stress & Anxiety*
- Improves Strength & Endurance*
- Improves Sleep Quality*
- Boosts Energy & Resistance to Fatigue*

The Most Potent Form of Ashwagandha

Ashwa-70 is an ashwagandha extract with a 35% concentration of withanolides, the active nutrients in ashwagandha. It contains a full spectrum of 21 different bio-active withanolides with optimal bioavailability shown to exhibit extended-release properties in the bloodstream. The Bioperine® black pepper extract enhances absorption.

QUESTIONS ABOUT OUR PRODUCT?

We are here to help. Email us at
Support@TriquetraHealth.net

*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.

TRIQUETRA™

Ashwa-70™

ASHWAGANDHA EXTRACT

MAXIMUM STRENGTH

SLEEP | ENERGY | MOOD

BLACK PEPPER EXTRACT | ENHANCED ABSORPTION

70 MG
WITHANOLIDES

POTENT
ADAPTOGEN

60 Capsules

Dietary Supplement

60 Servings

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 60

	Amount per serving	%DV
Ashwaganda Extract (Shoden®) (35% withanolides)	200 mg	*
Withanolides	70 mg	
Black Pepper Extract (Bioperine®)	10 mg	*

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ascorbyl palmitate, vegetable capsule (hypromellose), cellulose

WARNING: If you have a medical condition or are taking medication, contact a physician before taking this supplement. Do not use if you are pregnant, nursing or below 18 years of age.

This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and shellfish.

Shoden® is a registered trademark of NutriScience Innovations LLC. Bioperine® is a registered trademark Sabinsa Corporation.



Storage: Store in a cool, dark and dry place.

Keep out of reach of children.

Distributed By:

Triquetra Health LLC

Lithia, FL 33547