

HERBAL SECRETS™ Ashwagandha, also known as Indian Ginseng, is made from the roots and leaves of the *Withania somnifera* plant. Ashwagandha is a herb that increases vitality by promoting both physical and mental performance.* It may help rejuvenate the nervous system by reducing anxiety or stress levels, and control fatigue.* As an adaptogen, Ashwagandha may have a positive effect on a healthy immune system.*

SUGGESTED USE: As a dietary supplement, adults take one (1) capsule daily with water or as directed by a health care professional.

CAUTION: If you are pregnant, nursing, taking any medication(s) or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

*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.



NATURAL DIETARY SUPPLEMENT

Ashwagandha

Withania Somnifera

- Promotes Mental Clarity*
- Helps to Reduce Anxiety & Stress*
- Supports Musculoskeletal System*



120 CAPSULES

500MG

Supplement Facts

Serving Size 1 Capsule
Serving Per Container 120

	Amount Per Serving	% DV
Ashwagandha Extract (<i>Withania somnifera</i>) (roots/leaves)	500 mg	**

** Daily Value (DV) not established

OTHER INGREDIENTS: Gelatin (Capsule), Microcrystalline Cellulose, Magnesium Stearate and Silicon Dioxide.

CONTAINS NO: Preservatives, Artificial Flavors or Sweeteners, Sugar, Milk, Lactose, Gluten, Wheat, Yeast, Fish or Sodium.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.



Manufactured for & Distributed by:
HERBAL SECRETS™
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