

NO wheat, corn, soy, or dairy.
NO ingredients of animal origin.
• Gluten Free • Vegan Friendly
• cGMP

Distributed by:
Himalaya Wellness USA Ltd.
1101 Gillingham Lane
Sugar Land, Texas 77478

Certified Organic by Control
Union Certifications, CU 867461

Product of India

Neutral Code No.:
KR/Drugs/DLA AUS-83
Mfg. Lic. No. AUS-83

Questions? Please call
1-800-869-4640
or visit www.himalayausa.com

Often referred to as Indian
ginseng, Ashwagandha is noted
for its ability to fortify adrenal
function, energy and stress levels
and is not a cardiac stimulant.*

Recommended Use:
Adults take 1 caplet per day before food.

2 MONTH SUPPLY

Caution: As with any supplement, consult a healthcare practitioner before use if you are pregnant, nursing, taking medication, have a medical condition or are planning any medical procedure. Discontinue use and consult a healthcare practitioner if any adverse reactions occur. Keep out of reach of children.

Lot No.:

Unvarnished area
24x7mm

Exp. Date:

*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.

Himalaya
SINCE 1930

Organic ASHWAGANDHA

Releases stress & boosts energy*
Rejuvenates adrenal function*



Herbal Supplement

60 CAPLETS



HUS-5050072

Ashwagandha translates to scent
of a horse, alluding to the power
and strength it bestows. It was
considered chief among the
rasayana or rejuvenative herbs
now called adaptogens.*

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Featured herb on front: Ashwagandha (aerial parts)

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HAPPINESS THROUGH WELLNESS

Crafting traditional medicines based on Ayurveda, a 5,000 year old science that believes the journey back to wholeness begins with nurturing the capacity for joy.

Trusting the gifts of nature and the irreplaceable relationship between the plant and its native soil for consistent healing properties.

Contributing to the wellness of the earth by teaching our family of farmers to grow native plants sustainably on their land and reduce the demand on the local environment.

Building communities by advocating women in farming, protecting fair prices, providing maternal health, sponsoring clinical services and offering school wellness programs.

Believing that if wellness is the path to happiness, we must contribute to the wellness of all things. Wellness of people, wellness of the environment, wellness of our communities.

FAMILY OWNED FOR OVER 90 YEARS

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28 x 8mm

Himalaya
SINCE 1930

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Herbal Supplement

2 Month Supply

60 CAPLETS

Supplement Facts

Serving Size: 1 Caplet
Servings Per Container: 60

Amount Per Serving

Organic ashwagandha powder (root) (0.2% Withanolides, 0.76 mg)	380 mg*
Organic ashwagandha extract (root) (0.5% Withanolides, 1.4 mg)	280 mg*
Organic ashwagandha supercritical CO ₂ extract (root) (<i>Withania somnifera</i>) (8% Withanolides, 0.8 mg)	10 mg*

*Daily Value not established

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