

Wisdom Transforms Life

Om Namō Narayani

UNCONDITIONALLY GUARANTEED for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

KSM-66® is a registered trademark of Ixoreal Biomed Inc.
Due to the nature of these ingredients, color variation may 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.



Vata



Pitta

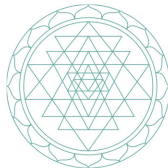


Kapha



Ashwagandha

A balancing formula
for stress and
emotional health†



56 vegan capsules
Dietary supplement

Suggested Use: Take 1 vegan capsule twice daily with a meal.

Supplement Facts

Serving Size: 1 Vegan Capsule
Servings Per Bottle: 56

Amount per Serving	% DV
Ashwagandha Blend	500 mg *
Ashwagandha Extract [‡] (root)(KSM-66®), Organic Ashwagandha Powder (root)	

*Daily Value (DV) not established.

Other ingredients: Hypromellose, cellulose, silica, vegetable stearic acid

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

†The ashwagandha dry extract has a minimum concentration of 10:1 for a total daily equivalence of 6.4 grams whole root powder.

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.



SKU: CAH 02 C11000, 2022 R-1

Please see bottom of bottle for
Lot No. and Expiration Date

Almost out? Call 1-800-843-8516
or visit healthydirections.com