

CAPSULE SIZE



Made in the USA

CODE 4603

V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

*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 (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional health care system in India. Ashwagandha is used as a general tonic and "adaptogen", helping the body adapt to stress. In addition, Ashwagandha has been shown to support a healthy immune system.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 2 to 3 times daily.



Ashwagandha

AYURVEDIC ADAPTOGEN

**Standardized Extract
450 mg**

- Helps Body Adapt to Stress
- Immune System Support*

90 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving	
Ashwagandha Extract	450 mg*
(<i>Withania somnifera</i>) (Root)	
(Standardized to min. 2.5% Total Withanolides - 11 mg)	

* Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/4603

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.