

Almost Out? Call **1-800-888-1415**
or visit healthydirections.com

UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store bottle with cap tightly closed in a cool, dry place.

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.

Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

KSM-66® is a registered trademark of Ixoreal Biomed, Inc.

Zembrin® is a registered trademark of HG&H Pharmaceuticals Pty Ltd., exclusively distributed in the USA by PLT Health Solutions, Inc. U.S. Patents #6,288,104 and #8,552,051.

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Williams Nutrition®

Clinically
Validated
KSM-66®
Ashwagandha

AshwaBright®

STRESS & MOOD



DIETARY SUPPLEMENT

30 Capsules

Doctor's Suggested Use: Take 1 capsule daily with a meal.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

Amount Per Serving		% DV
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5'-phosphate)	15 mg	882%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic®)	170 mcg DFE	43%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Ashwagandha Extract (root)(KSM-66®)	600 mg	*
Sceletium tortuosum Extract (aerial parts) (Zembrin®)	25 mg	*

*Daily Value (DV) not established.

Other ingredients: Gelatin, dicalcium phosphate, magnesium stearate, maltodextrin, silica

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



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

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