

Suggested Usage: Take 1 capsule 1 to 2 times daily, with or without food. May be taken during daytime for stress or before bed to help with sleep. Ashwagandha Stress Relief features Lactium®, a clinically tested milk protein derivative. Lactium® has been shown to support healthy cortisol levels and thus, can help to relieve the symptoms of stress from everyday life.* In addition, it can help to bring on sleep more quickly, maintain uninterrupted sleep, and promote better overall sleep quality.* Ashwagandha has been included as an "adaptogen", which helps the body adapt to typical daily stress.*

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Do not take if allergic to milk protein. Consult physician if taking medication (especially thyroid hormones) or have a medical condition (especially thyroid and gastrointestinal conditions, including ulcers). Discontinue use if rash/itching occurs. Keep out of reach of children.

EUA # 1482865

CODE 2375
V1



Ashwagandha Stress Relief

Mood and Sleep Support*

With Clinically Studied Lactium®
Promotes Relaxation & Restful Sleep*

60 Veg Capsules

A Dietary Supplement

General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Casein Hydrolysate (Bioactive Milk Peptides) (Lactium®)	150 mg**
Ashwagandha Extract (<i>Withania somnifera</i>) (Root and Leaf) (min. 2.5% Total Withanolides)	300 mg**

** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.
Contains milk.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com
Made and quality tested in the USA with globally sourced ingredients.
Not manufactured with yeast, wheat, gluten, soy, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Lactium® is a registered trademark of Ingredia.
Natural color variation may occur in this product.
Store in a cool, dry place after opening.

