

# Ashwagandha POWDER

(*Withania somnifera*)

ORGANIC  
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement  
1/2 lb • 227g



## Ashwagandha powder

Increases energy and vitality\*

General adaptogen for combating stress\*

Assists in calming the mind and promotes restful sleep\*

Supports proper function of the adrenals\*

Ashwagandha (*Withania somnifera*) is one of the most highly regarded and commonly used adaptogens in the Ayurvedic pharmacopoeia. Maximizing the body's ability to resist stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, restful sleep at night. It is considered one of the best herbs for calming vata and for revitalizing the male reproductive system. Used by both men and women, it maintains proper nourishment of the tissues, particularly muscle and bone, while supporting proper function of the adrenals.\*

**Suggested Use:** ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

**Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.**

\*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.



Sustainably Sourced

Fairly Traded

**Banyan Botanicals** was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.

Rev. 02



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### Supplement Facts

Serv Size: ½ tsp Servings: 203

#### Amount Per Serving

Ashwagandha root ½ tsp\*\*  
*Withania somnifera*<sup>+</sup>

<sup>+</sup>Certified Organic

<sup>\*\*</sup>Daily Value Not Established

Lot No. 417076-188

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