

Supplement Facts

Serving size: 1 capsule

Servings per bottle: 90

Amount per serving

Ashwagandha extract 10:1	350mg
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Other ingredient: Gelatin capsule shell

* Daily value not established

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Everyday Health

ASHWAGANDHA

10x Strength

90 capsules
Dietary supplement



Directions:

Take 1 capsule with food, up to 3 times per day or as advised by your doctor.

Caution: If you suffer from any health problems or on medications consult a physician before using.

Keep out of reach of children.

Store in a cool dry place.



Made in New Zealand
from imported ingredients



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Batch: 051019

Best Before: 10 2022