

SUGGESTED USE: As a dietary supplement take one (1) capsule twice a day. For best results take 20-30 min before a meal or as directed by your healthcare professional.

CAUTION: Do not exceed recommended does. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

*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.

V2R1

©2022 INDEPENDENT VITAL LIFE, LLC

Lot # and expiration date printed on bottom of bottle.

IVL  **CREATED
BY
NATURE**

ASHWAMEND PLUS™

with BLACK PEPPER

**Made With Organic Ashwagandha
& Black Pepper**

60 Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%DV**
Organic Ashwagandha <i>(Withania somnifera) (root)</i>	650 mg	**
Organic Black Pepper <i>(Piper nigrum) (fruit)</i>	5 mg	**

** Percent Daily Value (DV) based upon 2,000 calorie diet.

Inactive Ingredients: Pullulan capsules



Manufactured for: **IVL**

PO Box 3520 Cottonwood, AZ 86326

To Reorder Call: 800-218-1379 • www.IVL.com

Certified Organic by UDAF