

**SUGGESTED USE:** Adults take 1 capsule 2 times a day with water, or as directed by your qualified healthcare professional.

**Jarrow Formulas® Ashwagandha** is a full-spectrum extract obtained from the root of the Ashwagandha (*Withania somnifera*) plant. Studies demonstrate that Ashwagandha is an adaptogen that supports normalized resistance to physical and mental stress and supports endurance, muscle recovery, and cognitive health.\*

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.**

**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.**

KSM-66® is a registered trademark of Ixoreal Biomed Inc. Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow  
FORMULAS®**

 KSM-66  
Ashwagandha™

VEGAN


WITHANIA SOMNIFERA

# Ashwagandha

**ADAPTOGEN**

**300 MG**

Supports normalized resistance to mental and physical stress\*

 non-gmo

 gluten free

**120** VEGGIE  
CAPSULES

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Ashwagandha Extract ( <i>Withania somnifera</i> ) (Root)	300 mg †

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.



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NOTE: Color varies due to nature of material.

APPROX. FILL LINE