

HEALTH & WELLNESS SOLUTION ASHWAGANDHA

Ashwagandha is a prized herb of India that has been used for over 3,000 years as a medicinal aid for its ability to heal the body and mind. Containing many active compounds, including the powerful Withanolides, Ashwagandha helps provide anti-stress benefits, ability to boost energy/mood/sexual health, improved memory & cognition, reduce cortisol level, aids lean muscle mass & supports a healthy metabolism. Metabolic Nutrition provides a purified, all natural, highly concentrated, Ashwagandha formula combined with Black Pepper Extract for maximum effectiveness & absorption... specifically developed for individuals who want to maximize their health and wellness.

THIS PRODUCT DOES NOT CONTAIN: Gluten, Dairy, Egg, Peanut, Fish, Soy, Shellfish, Wheat, Yeast, Fillers, Binders, Preservatives, Artificial Ingredients. Produced in a facility that processes other ingredients containing these allergens.

CAUTION: Do not exceed the recommended dose. Not intended for pregnant or nursing mothers. Not intended for children under 18 years of age. If you are taking any medications, have a known medical condition, or are planning a medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

USAGE WARNING: Keep out of reach of children and pets. Do not use if packaging has been tampered with. Store in a cool dry place away from direct sunlight. Avoid excess heat.

CALIFORNIA RESIDENTS ONLY:

WARNING: Consuming this product can expose you to chemicals including [lead and cadmium], which is [are] known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

†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.

FPO

BARCODE NUMBER
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FDA 1231



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ASHWAGANDHA

MAXIMUM POTENCY FORMULA



HEALTH & WELLNESS SOLUTION

Relieves Stress[†]

Enhances Energy & Mood[†]

Boosts Thyroid Output[†]

Boosts Sexual Health[†]

90 CAPSULES

DIETARY SUPPLEMENT

MAX DOSE

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

	Amount Per Serving	% DV
AshwaMAX	2205mg	**
Organic Ashwagandha Powder (Withania somnifera)	1100mg	**
Ashwagandha Root Extract KSM-66 (stand. to 2.5% Withanolides)	1100mg	**
Black Pepper Extract (stand. to 95% Piperine)	5mg	**

*Percent daily values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Silicon Dioxide.

DIRECTIONS FOR USE: As a dietary supplement, take one serving (3 capsules) once a day with a meal.



QUESTIONS? 800-626-1022
metabolicnutrition.com

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