

DIRECTIONS: Take 2 capsules daily, with or without food.

CAUTION: Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a health-care professional before use. Not intended for children.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

No milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, soy, colors, flavors, preservatives, or magnesium stearate.

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About Ashwagandha

Ashwagandha (*Withania somnifera*) is one of the most important herbs in Ayurvedic medicine. It has been used for thousands of years for strength, stress and concentration.*

Ashwagandha supports:

- Calming stress control*
- Athletic performance*
- Brain function*
- Restful sleep*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Ashwagandha Root Extract 900 mg

Supports brain, sleep,
energy & calming
stress control*

DIETARY SUPPLEMENT
60 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% DV
Ashwagandha 900 mg (<i>Withania somnifera</i>) Root Extract (1.5% [13.5 mg] withanolides)	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Microcrystalline Cellulose, Silica, and Rice Bran.

Exclusively formulated and distributed by LifeSeasons®
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Vegetarian. Gluten-Free.
Made in USA with globally sourced ingredients.