

Suggested Usage: Take 1 capsule 2 to 3 times daily.

Ashwagandha (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional herbal system in India.

Ashwagandha is used as a general tonic and "adaptogen," helping the body adapt to temporary, normal stress.* In addition, preliminary data suggest that ashwagandha supports a healthy immune system.*

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (especially thyroid hormones) or have a medical condition (especially thyroid and gastrointestinal conditions, including ulcers). This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, discontinue use. Discontinue use if rash/itching occurs. Keep out of reach of children.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 4603C V11



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Standardized Extract Ashwagandha

450 mg

Ayurvedic Adaptogen*

- Free Radical Scavenger*
- Immune System Support*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Ashwagandha Extract	450 mg**
(<i>Withania somnifera</i>) (Root and Leaf)	
(min. 2.5% Total Withanolides - 11 mg)	

** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Rice Flour.

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

