



Ashwagandha is an adaptogenic herb with use dating back centuries.

Suggested Use: As a dietary supplement take 1 serving per day with or without food.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature after opening.



*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.



ASHWAGANDHA

500 mg
per serving

*Powerful 20:1 Ashwagandha Extract

120 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 60 Servings

Amount per Serving	% Daily Value
Ashwagandha 20:1 Extract (Equivalent of 10,000mg of Ashwagandha powder)	500 mg †

† Daily Value not established

Other Ingredients: Hypromellose (Capsules), Rice Flour

WARNING: Consult your physician before use. Do not use Ashwagandha if you are pregnant, nursing, or are under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not use this supplement and operate heavy machinery until you know how it affects you. Keep out of reach of children. Do not exceed capsules per day.

Manufactured for:
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