

PLANETARY[®]

HERBALS

FULL SPECTRUM[™]

ASHWAGANDHA

REJUVENATING TONIFIER*

570 MG • 60 TABLETS

HERBAL SUPPLEMENT
Approved by
Michael Tierra L.Ac, O.M.D.
Michael Tierra

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving %DV		
Calcium (as dibasic calcium phosphate)	56 mg	4%
Ashwagandha Root	500 mg	†
Ashwagandha Root Extract	70 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, stearic acid, silica, and modified cellulose gum.

Suggested Use: 1 tablet twice daily with meals.

WARNING: Do not use if you are pregnant, may become pregnant, breastfeeding, or taking any form of sedative.

STORE IN A COOL, DRY PLACE.

Ashwagandha is one of the world's most powerful adaptogens, used traditionally in Ayurvedic herbalism to help the body adapt to physiological and psychological stress. Planetary Herbals **FULL SPECTRUM[™] ASHWAGANDHA** combines whole root powder with root extract to capture all the plant's valuable compounds. The result is a botanical that relaxes the mind, rejuvenates the body, and increases resistance to stress.*

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

PF0534 REV F221-B
FG-118292 BEST IF USED BY 6 26

Manufactured for:
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