

**SUGGESTED USAGE:** Take 1 capsule 2 to 3 times daily, or as directed by your healthcare practitioner.

**HOW IT WORKS:** Ashwagandha (*Withania somnifera*) is an herb used extensively in traditional Indian Ayurveda. Ashwagandha's historic use as a general tonic is primarily due to its adaptogenic properties, which help the body adapt to temporary physical and emotional stress.\* Modern scientific data suggest that ashwagandha may also support healthy immune system function.\*

**CAUTIONS/INTERACTIONS:** 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.

CODE  
P4603B  
V3



**PROTOCOL  
FOR LIFE BALANCE®**

# Ashwagandha Extract 450 mg

- Ayurvedic Adaptogen\*
- Immune System Support\*



**90 Veg Capsules**

A Dietary Supplement    Vegetarian/Vegan

## Supplement Facts

Serving Size 1 Veg Capsule

### Amount Per Serving

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

\*\* Daily Value not established.

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

Formulated & Distributed by Protocol For Life Balance  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
protocolforlife.com

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

\*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.

Natural color variation may occur in this product.

