

SUGGESTED USE: As a dietary supplement take one (1) capsule twice a day. For best results take with a meal or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

* 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.

Lot # and expiration date printed on bottom of bottle. V2R0



X003AJYWIP - BBNashwagandha60

BUILT BY
NATURE

Ashwagandha

Made with Organic Ashwagandha
& Black Pepper



Enhances Energy
& Mood*

Natural Stress
Support*

EXTRA STRENGTH

60 Capsules

Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving %DV		
Organic Ashwagandha (<i>Withania somnifera</i>)(root)	650 mg	**
Organic Black Pepper (<i>Piper nigrum</i>)(fruit)	5 mg	**

** Daily Value (DV) not established

Inactive Ingredients: Pullulan capsules

BUILT BY
NATURE

Manufactured for Built By Nature
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Bluffdale, Utah 84065
BuiltByNature.com

Certified Organic by UDAF