

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**



ANDREW LESSMAN



# ASHWAGANDHA + THEANINE

Standardized Root Extract with Theanine

Promotes Relaxation, Focus and Balanced Mood



**ASHWAGANDHA + THEANINE** offers a unique blend of standardized ashwagandha (*Withania somnifera*) root extract combined with L-theanine, to support relaxation and a calming focus. Ashwagandha has long been utilized in traditional Indian Ayurvedic health practices for maintaining general well-being, and improving vitality, for thousands of years. Ashwagandha is one of the most well-known adaptogens, which help to support the body's ability to resist the effects of everyday stress and promote normal physiological functioning during times of stress. In fact, the plant's species name, "somnifera" is Latin for "sleep-inducing," which aptly describes ashwagandha's relaxing properties. Our Ashwagandha is especially rich in withanolides, ashwagandha's key beneficial compounds that have been shown to have antioxidant and neuroprotective properties. Modern research supports ashwagandha's ability to help promote healthy levels of the stress hormone cortisol, while helping to balance mood. Theanine promotes the production of the neurotransmitters dopamine and serotonin, which support relaxation and calm. Theanine is often used to reduce the uncomfortable effects of caffeine and to support a relaxed state. Our Ashwagandha + Theanine is of the highest quality to ensure the mood-balancing, calm relaxed focus and stress-relieving benefits, while promoting overall well-being and vitality.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT



**QUESTIONS? REORDERS?**  
800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs  
Henderson, NV 89011



### Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving		
Ashwagandha, extract (root)	300 mg	†
standardized to 5% withanolides		
L-Theanine	100 mg	†
† Daily Value not established.		

Other Ingredients: Natural plant cellulose vegetarian capsule. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.