

SUGGESTED USE

SHAKE WELL BEFORE USING

Adults: Add 1 squeeze of the dropper bulb to 60 ml of water or juice, 2 or 3 times per day. Best taken between meals. Do not exceed suggested serving size.

Keep out of the reach of children

Store away from heat & light

BEST BEFORE,
see bottom of bottle

Withania somnifera
ASHWAGANDHA

VITALITY

Broad Spectrum



HERB & PHARM[®]

Let nature be your ally™

HERBAL FOOD SUPPLEMENT

30 ml (1 fluid ounce)

Ashwagandha Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% NRV

Ashwagandha root

626 mg Ⓢ †

(*Withania somnifera*) Ⓢ extract

† Nutrient Reference Value (NRV) not established

Other Ingredients: certified organic cane alcohol (61-71%) & distilled water. **Gluten-Free**

- Ⓢ Certified Organic Non-UK Agriculture
- Ⓢ Extraction rate 175 mg herb per 0.7 ml.

Dry herb / menstruum ratio: 1 : 4

IMPORTED BY: BRAND ORGANIC LTD
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Certified Organic by Organic Certifiers US-ORG-043

FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE.



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