

NUTRITIONAL STRESS & COGNITIVE SUPPORT

Ashwagandha is the most widely used and highly regarded Ayurvedic herb for mind/body connection. Its' adaptogenic properties support the body's ability to adapt to stress.

Suggested Use:

1 capsule two times daily
or as directed by your physician.



Naturally Grown
Himalayan Herbs



In-house Extraction
to ensure Purity



Third Party Tested
for Heavy Metals

www.ruved.net



DO NOT USE IF SEAL IS BROKEN.

Warning: If pregnant, consult your physician
before using this or any other product.

Keep Away From Reach Of Children

Please report any adverse event
or reaction to 425.637.1400

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2239 152nd Avenue NE Redmond, WA 98052



R·U·VED®

ancient wisdom, modern lifestyle

New Look. Enhanced Product.

Ashwagandha

Stress & Cognitive Support



60
Vegetarian Capsules
Non-Dairy Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Extracts of :	Amount per Capsule	% DV
Ashwagandha (Withania somnifera)	500mg	*
Withanoloides	15 mg	*

Percent daily values are based on a 2000 calorie diet
*Daily value not established

Other ingredients: Vegetarian Capsule (Cellulose
and Chlorophyll). Free from Milk, Soy, Egg and Wheat.

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.