

CAPSULE SIZE



CODE 4603

V4

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 2 to 3 times daily.

Ashwagandha (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional herbal system in India. Ashwagandha is used as a general tonic and "adaptogen", helping the body adapt to temporary normal stress. In addition, preliminary data suggest that Ashwagandha supports a healthy immune system.*



Ashwagandha

AYURVEDIC ADAPTOGEN

Standardized Extract

450 mg

- Free Radical Scavenger
- 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) (Standardized to min. 2.5% Total Withanolides - 11 mg)	

* Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS
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For more product information visit
www.nowfoods.com/4603

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.

Store in a cool, dry place after opening.

Please Recycle.

