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SUGGESTED USE
SHAKE WELL BEFORE USING
Add one full squeeze of the dropper bulb
to 2 oz. of water or juice, two or three
times per day. Best taken between meals.
Caution: Seek expert medical advice
before taking during pregnancy.
Keep Out of the Reach of Children
Store away from heat & light

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whole root
ASHWAGANDHA
ENERGY & VITALITY


HERB PHARM®
HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Ashwagandha Liquid Extract

Supplement Facts

Serving Size: 0.7 ml Servings Per Container: about 42

Amount Per Serving ⓘ 626 mg

Ashwagandha root (*Withania somnifera*) ⓘ extract †

† Daily Value not established

Other Ingredients: certified organic cane
alcohol (61-71%) & distilled water.
GLUTEN-FREE

- ⓘ Certified Organic
- Ⓢ Equivalent to approx. 175 mg of herb.

Dry herb / menstruum ratio: 1 : 4

We prepare our Ashwagandha Extract from
dry whole root of *Withania somnifera* plants
which are **Certified Organically Grown**.

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