



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

009

whole root

ASHWAGANDHA

ENERGY & VITALITY



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Ashwagandha Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Ashwagandha root

(*Withania somnifera*) Ⓢ extract 626 mg Ⓢ

†

† Daily Value (DV) not established

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

Ⓢ Certified Organic

Ⓢ Equivalent to approximately 175 mg of herb.

Dry herb / menstruum ratio: 1 : 4

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

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CERTIFIED ORGANIC BY ORGANIC CERTIFIERS