**Directions:** As a dietary supplement, take 2 capsules in the morning and another 2 capsules in the evening.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a Physician before using this or any product if you have, or have a family history of, including but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. including heart attack and stroke. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms.

## KEEP OUT OF REACH OF CHILDREN

\* 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.





## SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 60

Amount Per Serving		%DV
nugreek 50% Seed Extract (standardized to 50% fenusides)	300 mg	Ť
M-66® Ashwagandha Extract	300 mg	t
maVie® Shilajit Extract	250 mg	t
pperine® Black Pepper Extract	5 mg	t

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin (capsule shell), Magnesium Stearate, Silica, FD&C Blue #1, and Titanium Dioxide.

Store in a cool, dry place.

KSM-66 Ashwagandha® is a Trademark of Ixoreal Biomed Inc. PRIMAVIE® is a trademark of Natreon, Inc. BioPerine® is a trademark of Sabinsa Corporation.



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