

**Suggested Usage:** 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.\*

\*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.

**Caution:** For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication or have a medical condition (especially gastrointestinal conditions, including ulcers). This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, discontinue use. Keep out of reach of children.

CAPSULE SIZE

CODE 4603 V6



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## Standardized Extract Ashwagandha 450 mg

Ayurvedic Adaptogen\*

- Free Radical Scavenger\*
- Immune System Support\*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

### Supplement Facts

Serving Size 1 Veg Capsule

#### Amount Per Serving

Ashwagandha Extract ( <i>Withania somnifera</i> ) (Root) (min. 2.5% Total Withanolides - 11 mg)	450 mg*
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\* Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle.

