

# PLANETARY®

## HERBALS

Lemon  
Flavor

# ASHWAGANDHA LIQUID HERBAL EXTRACT

1 FL. OZ. (29.57 mL)

HERBAL SUPPLEMENT

Approved by  
Michael Tierra L.Ac, O.M.D

*Michael Tierra*

### Supplement Facts

Serving Size 100 drops (approx. 2.5 mL)

Servings Per Container 11

	Amount Per Serving
Organic Ashwagandha Root Extract	2.5 mL†

†Daily Value not established.

Other ingredients: grain alcohol (50%), purified water, vegetable glycerin, and natural lemon flavor.

**Suggested Use:** 100 drops (1/2 teaspoon) twice daily. May be mixed with water or juice.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

**Do not use if tamper-evident seal is broken or missing.**

**Keep out of the reach of children.**

SHAKE WELL BEFORE USING.

Manufactured for:

© PLANETARY HERBALS, LLC

P.O. BOX 1760, SOQUEL, CA 95073

[www.planetaryherbals.com](http://www.planetaryherbals.com)

PF0319

REV J151

