

RECOMMENDATIONS:

Adults take 1 capsules 2 times daily or as directed by your health care provider.

*Not recommended during pregnancy or nursing without consulting your health care provider prior to use. **Keep away from children.** Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.*

- Contains no animal by-products and no gelatin
- Tested **FREE** of Heavy Metal Toxicity
- **Liquid Phyto-Caps®** deliver a concentrated liquid herbal extract in a 100% vegetarian capsule.

gaia
HERBS | PROFESSIONAL
SOLUTIONS

ASHWAGANDHA ROOT

Liquid Phyto-Caps®

120 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

Amount Per Serving

Calories	5
Ashwagandha root extract ▲ (Withania somnifera)	183 mg†
Ashwagandha root extract + (Withania somnifera) (2.5 mg† withanolides from total EtOH extract)	167 mg†

† Daily Value not established

Other ingredients: Vegetable glycerin and capsule
(vegetable cellulose)

▲ = Organic ingredient + = Ecologically harvested

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Each capsule contains 2,700 mg dry herb equivalent.

Gaia Herbs Liquid Phyto-Caps® U.S. Patent No. 6,238,696 B1



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Best By: