

Ashwagandha Root

When the body is stressed, the immune and nervous systems can be affected, leaving a person depleted. Adaptogenic herbs such as Ashwagandha help nourish and restore optimal nervous and immune system health by normalizing mood, energy levels and overall immune function.* Gaia Herbs uses Ashwagandha root with guaranteed levels of active withanolides.

Suggested Use

Adults take 1 capsule 2 times daily.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. 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.

Ashwagandha

gaia[®]
HERBS

Single Herbs

Ashwagandha Root

For a healthy immune
& stress response*

meetyourherbs[®]

Enter ID # at GaiaHerbs.com



VEGAN LIQUID PHYTO-CAPS[®]
DIETARY SUPPLEMENT

BEST BY
Enter Meet Your Herbs[®] ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

Amount Per Serving

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

†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.



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*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.