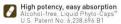
## Suggested Use

### Take 1 capsule 2 times daily.

Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, 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.

## The Gaia Difference



100% vegetarian, dairy free, no gluten-containing ingredients Plant-derived capsule

Laboratory tested for purification Free of heavy-metal toxicity Laboratory tested for purity



Single Herbs

# Ashwagandha Root

For a healthy immune & stress response\*

meet your herbs Enter ID # at GaiaHerbs com

260 DIETARY SUPPLEMENT

Serving Size 1 Capsule Servings Per Container 60

## AMOUNT PER 1 CAPSULE

ã√

Calories 10 TOTAL ALCOHOL FREE EXTRACT

Ashwagandha root (Withania somniferal ▲

VALIDATED FULL SPECTRUM PROFILE Withanolides

+ Daily Value not established

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule)

▲ = Certified Organic Ingredient

Each 1 capsule contains 1,000 mg dry herb equivalent.

Supplement Facts



350mg+

2.5 mg+

101 Gaia Herbs Dr.

Brevard NC 28712 GaiaHerbs.com

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