

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 60

	Amount per serving
Ashwagandha Root (<i>Withania somnifera</i>)	525 mg †
† Daily value not established	

Other Ingredients: Plant Cellulose (Capsule).

Manufactured and Distributed by:

Penn Herb Company, Ltd.,
Philadelphia, PA 19154-3293
www.PennHerb.com / 215-637-4372

Directions: Take 1 capsule, three times a day.

WARNING: May potentiate the effects of barbiturates. Consult your physician before use if you are pregnant, nursing, using medication, or have any medical conditions.

Keep in a cool dry place with cap tightly closed.

Ashwagandha Root is described in ancient Ayurvedic texts as a rejuvenating tonic that boosts stamina and vitality. The adaptogenic root also helps the body manage stress and support immune health.*

Common uses include:

- Helps the body manage stress*
- Boosts stamina and vitality*
- Supports healthy immune system*
- Supports healthy thyroid function*

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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.



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