

Suggested Use: As a dietary supplement, adults take one (1) vegan capsule daily, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

KEEP OUT OF THE REACH OF CHILDREN

***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.**

STANDARDIZED
**Ashwagandha
Extract**
500 mg

IMPROVES ENERGY & A HEALTHY RESPONSE TO STRESS¹

GLUTEN FREE • NON GMO • VEGAN

Dietary Supplement
60 Vegan Capsules

SUPPLEMENT FACTS

Serving Size 1 Vegan Capsule

Amount Per Serving	% Daily Value
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Ashwagandha (<i>Withania somnifera</i>)	500 mg
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Root Extract (standardized to 7% [35 mg] total withanolides)	*
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*Daily Value not established

Other Ingredients Vegan Capsule (modified cellulose, water), cellulose, magnesium stearate, silica.

Contains No dairy, wheat, gluten, corn, eggs, peanuts, soy, tree nuts, fish, shellfish, sesame, preservatives, artificial colors or flavors.

Ashwagandha grows throughout India, the Middle East, and parts of Africa. Scientific studies show that Ashwagandha is an adaptogen, helping to maintain the body's healthy response to physiological and psychological stress. Adaptogens may help reduce fatigue and improve energy.¹