

Supplement Facts

Serving Size: 1 Veg Capsule

Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Ashwagandha Extract	450 mg.	†
(Withania somnifera) (Root and Leaf)		
(min. 2.5% Total Withanolides - 11 mg)		

* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Rice Flour, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

www.PennHerb.com / 215-637-HERB

Suggested Use: Take 1 capsule 2 to 3 times daily.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (especially thyroid hormones) or have a medical condition (especially thyroid and gastrointestinal conditions, including ulcers). This product may cause digestive upset in some sensitive individuals. If you experience any gastrointestinal discomfort after using this product, discontinue use. Discontinue use if rash/itching occurs. Keep out of reach of children.

Benefits of Ashwaganda:

Ashwagandha (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional herbal system in India. Ashwagandha is used as a general tonic and "adaptogen," helping the body adapt to temporary, normal stress. In addition, preliminary data suggest that ashwagandha supports a healthy immune system.*

- Popular Ayurvedic health-promoting tonic*
- Helps body adapt to stress*
- Supports healthy immune system*

Not manufactured with: yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients.

Keep in a cool, dry place with lid tightly closed. Natural color variation may occur in this product.

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.



V23115-4593Bv6