

Contains No dairy, wheat, gluten, soy, preservatives, artificial colors, artificial flavors.

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

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

† 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.

KEEP OUT OF REACH OF CHILDREN.

STANDARDIZED
**Ashwagandha
Extract 500 mg**

**IMPROVES ENERGY AND A
HEALTHY RESPONSE TO STRESS†**

VEGAN

Dietary Supplement
60 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount % Daily
Per Serving Value

500 mg *

Ashwagandha (*Withania somnifera*)

Root Extract (standardized to

2.5% [12.5mg] total withanolides)

*Daily Value not established

Other Ingredients: Vegetarian capsule (modified cellulose, water), cellulose, magnesium stearate, silica.

Ashwagandha grows throughout India, the Middle East, and in parts of Africa. It contains steroidal lactones known as withanolides, which have been shown through scientific studies to be responsible for the health benefits of the plant.

Ashwagandha acts as an adaptogen, helping to maintain the body's healthy response to physiological and psychological stress. Adaptogens also help reduce fatigue and improve energy.†

Standardized Ashwagandha Extract from Sabinsa, a world leader in Ayurvedic herbal extracts.



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