

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Ashwagandha Extract

(*Withania somnifera*) is standardized to 2.5%

withanolides. It has been traditionally used for its adaptogenic benefits.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Ashwagandha extract is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

Actual Capsule Size



PREMIUM

Nature's
Way

EXTRACT

Ashwagandha

Standardized



vegetarian
VCAPS®

VITALITY TONIC

60 Vcaps® / 2.5% Withanolides

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule two to three times daily with food or water.

Caution: Not recommended for use by pregnant or lactating women. If you are using a sedative medication, consult a healthcare professional before using this product.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

| Amount Per Serving | % Daily Value |
|--|---------------|
| Ashwagandha extract (root), 2.5% withanolides | 500 mg ** |

**Daily Value not established.

Other ingredients: Plant-derived capsule, Cellulose, Magnesium stearate

Vcaps® is a trademark of Capsugel.

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