

Family owned since 1968.



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

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.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

CAPSULE SIZE

CODE 4603 v5



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Standardized Extract Ashwagandha 450 mg

Ayurvedic Adaptogen*

- Free Radical Scavenger*
- Immune System Support*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Ashwagandha Extract (<i>Withania somnifera</i>) (Root) (min. 2.5% Total Withanolides - 11 mg)	450 mg*
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* Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

