

Ashwagandha



# Supplement Facts

**Serving Size:** 1 capsule

**Serving Per Container** 28

Ingredient	AM Packet		PM Packet	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Organic Ashwagandha Root ( Withania somnifera )	—	—	380mg	*
Ashwagandha Extract (Withanina somnifera) (root) (standardized to contain 1.5% withanolides)	—	—	95mg	*

\* Daily Value not established

**Other Ingredients:** Veggie capsule (Hypromellose), Magnesium Glycinate, L-leucine

**Contains No:** Dairy, Gluten, Wheat, Soy, Fish/Shellfish, Nuts, Eggs, Milk, GMOs, Sesame

**Suggested Use:** Take 1 capsule once daily as a dietary supplement with food or as directed by a healthcare professional

**CAUTION:** Keep out of reach of children. If you are pregnant or nursing, consult your physician before taking this product.