Amount Per Serving Size: 1 Capsule Amount Per Serving % Daily Value Ashwagandha root (Withania somnifera) 300 mg * * Daily Value not established *

Other Ingredients: Capsule shell (gelatin and water), microcrystalline cellulose, and magnesium stearate (vegetable source).

This product is gluten and dairy free.

RECOMMENDATION: One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION: Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

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