

# Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Ashwagandha root ( <i>Withania somnifera</i> )	300 mg	*

\* Daily Value not established

**Other Ingredients:** Microcrystalline cellulose, capsule shell (gelatin and water) and magnesium stearate.

**This product is gluten 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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