

Standardized Ashwagandha, 60 Vcaps®

SKU: 15387

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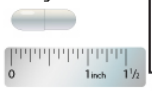
Ashwagandha extract is standardized to 2.5% withanolides.

It has been traditionally used for its adaptogenic benefits and is considered a vitality tonic.

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

Dosage Form



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	<1%†
Ashwagandha, dried extract (root), 2.5% with anolides	500 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: Plant-derived cellulose (capsule), Rice powder, Silica

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