

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed  
Purity, Quality and Efficacy.  
100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT



**QUESTIONS? REORDERS?**  
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Manufactured by ProCaps Labs  
Henderson, NV 89011



ANDREW LESSMAN



# ASHWAGANDHA

Standardized Root Extract  
Promotes Relaxation & Balanced Mood



**ASHWAGANDHA** offers a targeted extract of ashwagandha (*Withania somnifera*) root standardized to deliver 5% withanolides. Also known as “Indian ginseng,” ashwagandha has been utilized in traditional Indian Ayurvedic health practices for maintaining general well-being, and improving vitality, for thousands of years. Ashwagandha is one of the most well-known adaptogens, which help to support the body’s ability to resist the effects of everyday stress and promote normal physiological functioning during times of stress. In fact, the plant’s species name, “somnifera” is Latin for “sleep-inducing,” which aptly describes ashwagandha’s relaxing properties. Our **Ashwagandha** is specifically derived from the roots, which are especially rich in withanolides, ashwagandha’s key beneficial compounds that have been shown to have antioxidant and neuroprotective properties. Clinical research has shown that ashwagandha helps to promote healthy levels of the stress hormone cortisol, while helping to balance overall stress and mood. Our **Ashwagandha** is of the highest quality to ensure the mood-balancing and stress-relieving benefits from this traditional adaptogen, while promoting overall well-being and vitality.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

Supplement Facts		
Serving Size 1 Capsule		Servings Per Container 360
Amount Per Serving		
Ashwagandha, extract (root)		300 mg †
standardized to 5% withanolides		
† Daily Value not established.		

Other Ingredients: Natural plant cellulose vegetarian capsule.  
**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.