SUGGESTED USE: As a dietary supplement take two (2) capsules twice a day. For best results take 20-30 min before a meal or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

Lot # and expiration date printed on bottom of bottle. V2R1







Ashwagandha with Black Pepper

Healthy Joint Function* Promotes Brain Health* Reduces Stress*

DIETARY SUPPLEMENT 60 CAPSULES

Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 30

g		
Amount Per Serving	%DV	
Organic Ashwagandha	1300 mg	**
Organic Black Pepper	100 mg	**
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Inactive Ingredients: Cellulose (Vegetable Capsule)



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